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W. W. Hale

EDITOR OF HALE'S JOURNAL OF HEALTH

HALL'S

HEALTH TRACTS.

By ^mW. W. ^eHALL, M. D.

Author of "Bronchitis and Kindred Diseases," "Consumption," "Health and Disease,"
"Sleep," and "Soldier Health."



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PREFACE.

The following Tracts were intended to embody, in as few words as possible, as many practical lessons as could be contained on one page, on subjects connected with the Mental, Moral and Physical health of all, but as some topics required more space than others, the use of different sized type became indispensable. When singly distributed, it was thought that it might be productive of good, to have on the reverse page of a physical tract, something of a more purely moral character; thus, the former, by its practical nature in reference to the body, would in a measure compel the preservation of the latter, and thus secure a lasting good by its frequent presentation to the eye; thus, "Hints for the Traveling Season" (number six) on one side, and (number seventeen) on the other "Sabbath Physiology;" "Rules for Winter," (number ten) and "Balm of Gilead," (number 198,) etc., for health of body and mind and heart and morals, these are first things; and having these, all other really needful things will be "added."

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HALL'S JOURNAL OF HEALTH.

Vol. 9.

JANUARY, 1862.

No. 1.

HEALTH TRACTS.

THE January and February numbers contain sixty-two one-page Health Tracts. The number of the tract answers to the number of the page. January contains from No. 1 to 31, both included; February has No. 32 to No. 62, both included.

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HEALTH TRACT, No. 1.

INCONSIDERATIONS.

(From Hall's Journal of Health, New-York.)

It is inconsiderate to eat when you don't feel like it. Sleepless nature calls for food when it is needed.

It is inconsiderate to eat to "make it even," to swallow a thing, not because you want it, but because you do not want it wasted by being left on the plate, and thrown into a slop-tub; but then it would have gone to fattening the pigs or feeding the cows, whereas it goes into your stomach when not needed, only to gorge and oppress and sicken.

It is inconsiderate to enter a public vehicle, and open a window or door without the express permission of each of the several persons nearest.

It is inconsiderate to ask persons nearest to a window or door of a public conveyance to open the same, for you thereby tax their courtesy to grant a request for your gratification, at the expense of their own preferences, and thus show yourself to have the selfishness of a little mind, and the manners of a boor; for you have no claim on the self-denial of a stranger, nor should you put such to the risk of injury to health for your mere gratification. The most that can happen from a too close vehicle is a fainting fit, which kills nobody, and which would rectify itself in five minutes if simply let alone; but an open window in a conveyance has originated pleuristics, inflammation of the lungs, sore throat, colds, peritonital inflammations, and the like, which have hurried multitudes from health to the grave within a week. The openness of a travelling conveyance has killed a hundred, where closeness has killed one.

It is inconsiderate to be waked up in the morning as a habit; it is an interference with nature, whose unerring instinct apportions the amount of sleep to the needs of the body, nor will she allow that habitual interference with impunity, under any circumstances.

It is inconsiderate to crowd the doors or vestibules of public assemblies, whether of worship or of pleasure; they are for purposes of ingress or egress, and to stand in them, to lounge or gaze about, to the incommoding of a dozen or more persons, within any five minutes, is not only impolite, but it is impertinent.

It is inconsiderate in passing out of a public assembly to stop an instant for purposes of salutation or conversation, to the detention of a dozen, or a hundred, or a thousand who are behind you.

It is inconsiderate to keep a caller waiting in a cold or dark or cheerless parlor for two, ten, or twenty minutes, to his risk of health or loss of time, merely for the purpose of showing a style of dress or personal adornment not habitual, or of making an impression of some kind foreign to the facts of the case.

It is inconsiderate to take a medicine, simply because it had cured some one else who had an ailment similar to your own. Of two donkeys on the verge of utter exhaustion and prostration, the one laden with salt was greatly refreshed, and had his burden largely lightened by swimming a river; the other with a sack of wool by the same operation doubled the weight of his load, and perished.

HEALTH TRACT, No. 2.

SUMMER FRUITS.

(From Hall's Journal of Health, New-York.)

PHYSIOLOGICAL research has fully established the fact that acids promote the separation of the bile from the blood, which is then passed from the system, thus preventing fevers, the prevailing diseases of summer. All fevers are "bilious," that is, the bile is in the blood. Whatever is antagonistic of fever is cooling. It is a common saying that fruits are cooling," and also berries of every description; it is because the acidity which they contain aids in separating the bile from the blood, that is, aids in purifying the blood. Hence the great yearning for greens and lettuce and salads in the early spring, these being eaten with vinegar; hence also the taste for something sour, for lemonades, on an attack of fever.

But this being the case, it is easy to see, that we nullify the good effects of fruits and berries, in proportion as we eat them with sugar, or even sweet milk or cream. If we eat them in their natural state, fresh, ripe, perfect, it is almost impossible to eat too many, to eat enough to hurt us, especially if we eat them alone, not taking any liquid with them whatever. Hence also is buttermilk, or even common sour milk promotive of health in summer time. Sweet milk tends to biliousness in sedentary people; sour milk is antagonistic. The Greeks and Turks are passionately fond of sour milk. The shepherds use rennet, and the milk-dealers alum to make it sour the sooner. Buttermilk acts like watermelons on the system.

THE DIFFERENCE.

WHEN a simpleton wants to get well, he buys something "to take;" a philosopher gets something "to do;" and it is owing to the circumstance, that the latter has been in a minority almost undistinguishable in all nations and ages, that doctors are princes, instead of paupers; live like gentlemen, instead of cracking rocks for the turnpike.

POISONOUS BITES.

DURING the increased travel of summer, the bites from insects and reptiles of various kinds are of frequent occurrence. Persons of healthful blood are bitten with impunity sometimes, while those in feeble health suffer distressing, and sometimes fatal, consequences.

Almost all poisonous bites arise from the acidity of the virus; it then follows that an alkali is the best antidote, because an alkali and an acid are as much opposed to each other as light and darkness, as sweet and sour. And as expedition is sometimes the life of a man, it is of considerable practical importance to know what is the most universally available remedy. A handful of the fresh ashes of wood is the most generally accessible; pour on enough water, hot is best, to cover it, stir it quickly, and either apply the fluid part, that is the ley, with a rag or sponge, or have less water, and apply a poultice made of simple water and fresh wood-ashes. Renew the poultice every half-hour until the hurting is entirely removed. As to minor insects, the relief is almost instantaneous. The next most convenient remedy is common spirits of hartshorn, a small vial of which should be in every family, and in every traveller's trunk or carpet-bag, in summer-time at least. Saleratus, dampened and applied to the wound or stung place, is not as powerful as hartshorn. It failed recently to cure the sting of a bee, the gentleman dying in convulsions within an hour after he was stung; this arose from some peculiarity of constitution, an "Idiosyncrasy," as physicians term it.

HEALTH TRACT, No. 3.

HOW TO CURE A COLD.

(From Hall's Journal of Health, New-York.)

THE moment a man is satisfied he has taken cold, let him do three things:

First, eat nothing; second, go to bed, cover up warm in a warm room; third, drink as much cold water as he can, or as he wants, or as much hot herb-tea as he can; and in three cases out of four he will be almost well in thirty-six hours.

If he does nothing for his cold for forty-eight hours after the cough commences, there is nothing that he can swallow that will, by any possibility, arrest the cold, for, with such a start, it will run its course of about a fortnight in spite of all that can be done, and what is swallowed in the mean time in the way of food, is a hindrance and not good.

"Feed a cold and starve a fever" is a mischievous fallacy. A cold always brings a fever; the cold never beginning to get well until the fever subsides; but every mouthful swallowed is that much to feed the fever; and but for the fact that as soon as a cold is fairly started, nature, in a kind of desperation, steps in and takes away the appetite, the commonest cold would be followed by very serious results, and in frail people would be always fatal.

These things being so, the very fact of waiting forty-eight hours gives time for the cold to fix itself in the system; for a cold does not usually cause cough until a day or two has passed, and then waiting two days longer gives it the fullest chance to do its work before any thing at all is done.

Intelligent druggists know that all medicines sold for coughs, colds, consumption, and tickling in the throat, contain opium in some form or other. They repress the cough but do not eradicate it; hence the first purchase paves the way for a second or a third; meanwhile, as it is the essential nature of opium to close up, to constrict, to deaden the sensibilities, the bowels do not feel the presence of their contents calling for a discharge, and constipation is induced and becomes the immediate cause of three fourths of all ordinary ailments, such as headache, neuralgia, dyspepsia, and piles.

Warmth and abstinence are safe and certain cures when applied early. Warmth keeps the pores of the skin open, and relieves it of the surplus which oppresses it; while abstinence cuts off the supply of material for phlegm, which would otherwise have to be coughed up.

HEALTH TRACT, No. 4.

NINE NEVERS.

(From Hall's Journal of Health, New-York.)

NEVER write a letter or a line in a passion.

Never spit or blow your nose on the sidewalk.

Never find a fault until you are as sure as you are of your existence that a fault has been committed.

Never say what you would do under any given circumstances.

Never disparage another by name in a letter.

Never get in a rage.

Never utter a syllable in a passion.

Never refuse to pay a debt when you have the money in your pocket.

Never take physic until you have tried patience.

CAUSES OF DISEASE.

THE complaints of people are in a measure innumerable; every now and then a peculiarity of ailment is presented which is not recorded in any book extant; just as new questions of law are constantly arising. But while the effects of disease are so numerous, the causes of them may be reduced down so low as to be all told in the number five:

First—Poisons.

Second—Improper eating.

Third—Variations of atmosphere.

Fourth—Occupations.

Fifth—Hereditary tendencies; which last, indeed, is a modification of the first.

Of the four, by far the most frequent causes of disease are found in the food we eat, and in the air we breathe, the rectification of both of which is within our own power; requiring only a moderate amount of intelligence, but a large share of moral power, that is, a resolute self-denial. It thus follows, that death, short of old age, is chargeable to man himself; that in an important sense, the great mass of those who die short of threescore years and ten, are the authors of their own destruction. And each should inquire, "To what extent am I chargeable with my own ailments?"

BURYING ALIVE.

"TIS WELL," were the last recorded words of the great Washington, uttered in reference to his burial.

"Do not let my body be put into the vault in less than three days after I am dead," and, looking earnestly into his secretary's face, he continued, "Do you understand me?" "Yes," said Mr. Lear. "Tis well," replied Washington, and spoke no more.

The great Dr. Physic left an injunction that a blood-vessel should be severed before he was buried, in order to make it certain that he was dead.

The marvellous stories put in circulation by the credulous, in reference to the turning of bodies, and the tearing of the grave-clothes in the fearful struggle for breath, are without any rational foundation. If a hot iron raises no blister on the skin, or if a severed artery does not bleed, there can be no reasonable ground for doubting that death has taken place. These tests should be applied not sooner than eight or ten hours after the apparent decease.

CARE FOR THE EYES.

(From Hall's Journal of Health, New-York.)

PRESCOTT, the historian, in consequence of a disorder of the nerve of the eye, wrote every word of his "*Historicals*" without pen or ink, as he could not see when the pen was out of ink, or from any other cause failed to make a mark. He used an agate stylus on carbonated paper, the lines and edges of the paper being indicated by brass wires in a wooden frame.

CRAWFORD, the sculptor, the habit of whose life had been to read in a reclining position, lost one eye, and soon died from the formation of a malignant cancerous tumor behind the ball, which pushed it out on the cheek.

There are many affections of the eyes which are radically incurable. Persons of scrofulous constitutions, without any special local manifestation of it, often determine the disease to the eye by some erroneous habit or practice, and it remains there for life. It is useful, therefore, to know some of the causes which, by debilitating the eye, invite disease to it, or render it incapable of resisting adverse influences.

Avoid reading by candle or any other artificial light.

Reading by twilight ought never to be indulged in. A safe rule is—never read after sun-down, or before sun-rise.

Do not allow yourself to read a moment in any reclining position, whether in bed or on a sofa.

The practice of reading while on horseback, or in any vehicle in motion by wheels, is most pernicious.

Reading on steam or sail-vessels should not be largely indulged in, because the slightest motion of the page or your body alters the focal point, and requires a painful straining effort to readjust it.

Never attempt to look at the sun while shining unless through a colored glass of some kind: even a very bright moon should not be long gazed at.

The glare of the sun on water is very injurious to the sight.

A sudden change between bright light and darkness is always pernicious.

In looking at minute objects, relieve the eyes frequently by turning them to something in the distance.

Let the light, whether natural or artificial, fall on the page from behind, a little to one side.

Every parent should peremptorily forbid all sewing by candle or gas-light, especially of dark materials.

If the eyes are matted together after sleeping, the most instantaneous and agreeable solvent in nature is the application of the saliva with the finger before opening the eye. Never pick it off with the finger nail, but wash it off with the ball of the fingers in quite warm water.

Never bathe or open the eyes in cold water. It is always safest, best, and most agreeable, to use warm water for that purpose over seventy degrees.

HEALTH TRACT, No. 6.

Hints for the Travelling Season.

(From Hall's Journal of Health, New-York.)

At this season many persons contemplate travelling; to do so with the largest amount of comfort and advantage, physical, social, and mental, the following suggestions are made:

Take one fourth more money than your actual estimated expenses.

Acquaint yourself with the geography of the route and region of travel.

Have a good supply of small change, and have no bill or piece higher than ten dollars, that you may not take counterfeit change.

So arrange as to have but a single article of luggage to look after.

Dress substantially; better to be too hot for two or three hours at noon, than to be too cool for the remainder of the twenty-four.

Arrange, under all circumstances, to be at the place of starting fifteen or twenty minutes before the time, thus allowing for unavoidable or unanticipated detention on the way.

Do not commence a day's travel before breakfast, even if that has to be eaten at daylight. Dinner or supper, or both can be more healthfully dispensed with, than a good warm breakfast.

Put your purse and watch in your vest-pocket, and all under your pillow, and you will not be likely to leave either.

The most if not secure fastening of your chamber-door is a common bolt on the inside; if there is none, lock the door, turn the key so that it can be drawn partly out, and put the wash-basin under it; thus, any attempt to use a jimmy or put in another key, will push it out, and cause a racket among the crockery, which will be pretty certain to rouse the sleeper and rout the robber.

A sixpenny sandwich eaten leisurely in the cars, is better for you than a dollar dinner bolted at a "station."

Take with you a month's supply of patience, and always think thirteen times before you reply once to any supposed rudeness or insult, or inattention.

Do not suppose yourself specially and designedly neglected, if waiters at hotels do not bring what you call for in double quick time; nothing so distinctly marks the well bred man as a quiet waiting on such occasions; passion proves the puppy.

Do not allow yourself to converse in a tone loud enough to be heard by a person two or three seats from you; it is the mark of a boor if in a man, and of want of refinement and lady-like delicacy, if in a woman. A gentleman is not noisy; ladies are serene.

Comply cheerfully and gracefully with the customs of the conveyances in which you travel, and of the places where you stop.

Respect yourself by exhibiting the manners of a gentleman and a lady, if you wish to be treated as such, and then you will receive the respect of others.

Travel is a great leveller; take the position which others assign you from your conduct rather than from your pretensions.

HEALTH TRACT, No. 7.

MUSIC HEALTHFUL.

(From Hall's Journal of Health, New-York.)

MUSIC, like painting and statuary, refines, and elevates, and ennobles. Song is the language of gladness, and it is the utterance of devotion. But coming lower down, it is physically beneficial; it rouses the circulation, wakes up the bodily energies, and diffuses life and animation around. Does a lazy man ever sing? Does a milk-and-water character ever strike a stirring note? Never. Song is the outlet of mental and physical activity, and increases both by its exercise. No child has completed a religious education who has not been taught to sing the songs of Zion. No part of our religious worship is sweeter than this. In David's day it was a practice and a study.

YOUNG OLD PEOPLE.

SOME look old at less than forty; others beyond threescore have the vivacity, the sprightliness, and the spring of youth. One of the most active politicians of the times is now in his seventy-fifth year, and yet goes by the name of "the ever youthful Palmerston," and with the weight of nations on his shoulders, will find time to take a rapid ride on horseback daily, from ten to twenty miles. "The heavy cares and severe labors of the Earl of Malmesbury average eleven hours a day," and yet at the age of "fifty years, he is scarcely above forty in appearance." It is by no means an uncommon thing to read the deaths of men and women of the English nobility at eighty and ninety years, to be accounted for in part by their taking time to do things, and thereby doubling the time for doing them. The British are a dignified people, manly, mature; a deliberative people, with the result of being as a nation, the most solid, the most substantial, and the greatest on the globe. They are worthy of that greatness, and we above all the peoples should be proud of it. Americans, on the other hand, are a hasty race; their habitual hurries and anxieties eat out the very essence of life before half that life is done, and all bloodless, fidgety, skinny, and thin, we are but "a vapor that appeareth for a little time, and then vanisheth away."

HEALTH TRACT, No. 8.

DYSPEPSIA AND DRUNKENNESS.

(From Hall's Journal of Health, New-York.)

A DRUNKARD is never so great a fool as to kill himself; the dyspeptic is.

More persons are destroyed by eating too much, than by drinking too much. Gluttony kills more than drunkenness in civilized society.

The dyspeptic kills himself; the drunkard kills others.

The dyspeptic takes his own life under the influence of mental depression; the drunkard kills others under the influence of mental excitement. But, although both are unlike unconscious at the time of what they are doing—one slaying himself, the other slaying his fellow-man—the suicide has the sympathies of society, and finds among it many apologists; while towards the drunken murderer of another the feeling is one of vindictive impatience for the gallows to do its duty.

Both the drunkard and the dyspeptic are unconscious of crime at the instant of its perpetration. Both states are brought on by over-indulgence of the appetite; the one for food, the other for drink; and both end in shedding blood.

The dyspeptic lays his plans for self-murder with deliberation; the drunkard murders another in the surprise of ungovernable passion; and, if deliberation darkens the deed, then is the drunkard the less criminal of the two.

If the drunkard is murderously inclined, it is only for a brief hour, while the fit is upon him, and he need be watched only for that time. But the dyspeptic, who is set on his own heart's blood, must be watched sedulously for days and months, or, the first moment that the eye is off his movements, he improves to his ruin.

Few palliate the drunkard's deed, while the dyspeptic meets with universal sympathy. Should this be so? What is the ground for this partiality? Surely all are called upon to mature this subject and to inquire, with a feeling of considerable personal responsibility, if, in the matter of eating, there is a daily watch against excesses, which so often end in that worst of all crimes, (because done with deliberation, and is not repented of,) self-murder!

HEALTH TRACT, NO. 9.

USES OF ICE.

(From Hall's Journal of Health, New-York.)

IN health no one ought to drink ice-water, for it has occasioned fatal inflammations of the stomach and bowels, and sometimes sudden death. The temptation to drink it is very great in summer; to use it at all with any safety the person should take but a single swallow at a time, take the glass from the lips for half a minute, and then another swallow, and so on. It will be found that in this way it becomes disagreeable after a few mouthfuls.

On the other hand, ice itself may be taken as freely as possible, not only without injury, but with the most striking advantage in dangerous forms of disease. If broken in sizes of a pea or bean, and swallowed as freely as practicable, without much chewing or crushing between the teeth, it will often be efficient in checking various kinds of diarrhoea, and has cured violent cases of Asiatic cholera.

A kind of cushion of powdered ice kept to the entire scalp, has allayed violent inflammations of the brain, and arrested fearful convulsions induced by too much blood there.

In croup, water, as cold as ice can make it, applied freely to the throat, neck, and chest, with a sponge or cloth, very often affords an almost miraculous relief, and if this be followed by drinking copiously of the same ice-cold element, the wetted parts wiped dry, and the child be wrapped up well in the bed-clothes, it falls into a delightful and life-giving slumber.

All inflammations, internal or external, are promptly subdued by the application of ice or ice-water, because it is converted into steam and rapidly conveys away the extra heat, and also diminishes the quantity of blood in the vessels of the part.

A piece of ice laid on the wrist will often arrest violent bleeding of the nose.

To drink any ice-cold liquid at meals retards digestion, chills the body, and has been known to induce the most dangerous internal congestions.

Refrigerators, constructed on the plan of Bartlett's, are as philosophical as they are healthful, for the ice does not come in contact with the water or other contents, yet keeps them all nearly ice cold.

If ice is put in milk or on butter, and these are not used at the time, they lose their freshness and become sour and stale, for the essential nature of both is changed, when once frozen and then thawed.

HEALTH TRACT, No. 10.

RULES FOR WINTER.

(From Hall's Journal of Health, New-York.)

NEVER go to bed with cold or damp feet.

In going into a colder air, keep the mouth resolutely closed, that by compelling the air to pass circuitously through the nose and head, it may become warmed before it reaches the lungs, and thus prevent those shocks and sudden chills which frequently end in pleurisy, pneumonia, and other serious forms of disease.

Never sleep with the head in the draft of an open door or window.

Let more cover be on the lower limbs than on the body. Have an extra covering within easy reach in case of a sudden and great change of weather during the night.

Never stand still a moment out of doors, especially at street-corners, after having walked even a short distance.

Never ride near the open window of a vehicle for a single half-minute, especially if it has been preceded by a walk; valuable lives have thus been lost, or good health permanently destroyed.

Never put on a new boot or shoe in beginning a journey.

Never wear India-rubber in cold, dry weather.

If compelled to face a bitter cold wind, throw a silk handkerchief over the face; its agency is wonderful in modifying the cold.

Those who are easily chilled on going out of doors, should have some cotton batten attached to the vest or other garment, so as to protect the space between the shoulder-blades behind, the lungs being attached to the body at that point; a little there is worth five times the amount over the chest in front.

Never sit for more than five minutes at a time with the back against the fire or stove.

Avoid sitting against cushions in the backs of pews in churches; if the uncovered board feels cold, sit erect without touching it.

Never begin a journey until breakfast has been eaten.

After speaking, singing, or preaching in a warm room in winter, do not leave it for at least ten minutes, and even then close the mouth, put on the gloves, wrap up the neck, and put on cloak or overcoat before passing out of the door; the neglect of these has laid many a good and useful man in a premature grave.

Never speak under a hoarseness, especially if it requires an effort, or gives a hurting or a painful feeling, for it often results in permanent loss of voice, a life-long invalidism.

AN ERECT POSITION ADVERSE TO CONSUMPTION.



(DR. HALL'S "*Journal of Health.*")

"Who does not shrink with dread and fear at the simple mention of '*Consumption?*' It does not come suddenly. It begins in remote months and years ago, by imperfect breathing; by the want of frequent and *full* breaths, to keep the lungs in active operation. By this neglect, in time, the lungs swell out from a quarter to one third *less* than they ought to do; consequently, the breast flattens, the shoulders bend forward and inward, and we have the round or high shoulder, so ominous in the doctor's eye.

"As consumptives *always* bend forward, and as men in high health, *candidates for aldermanic honors*, sit and walk and stand erect—*physically!* the erect position must be antagonistic to consumption, and consequently, such a position should be cultivated, sedulously cultivated, in every manner practicable; cultivated by all, not only by men, but by women and children.

"No place is so well adapted to secure an *erect* locomotion as a large city; the necessity is ever present for holding up the head. Instead of giving all sorts of rules about turning out the toes, and straightening up the body, and holding the shoulders back, all of which are impracticable to the many, because soon forgotten, or of a feeling of awkwardness and discomfort which procures a willing omission; all that is necessary, to secure the object, is to *hold up the head and move on!* letting the toes and shoulders take care of themselves. Walk with the chin but slightly above a horizontal line, or with your eyes directed to things a little higher than your head. In this way you walk properly, pleasantly, and without any feeling of restraint or awkwardness.



"If you wish to be aided in securing this habitual carriage of body, accustom yourself, while walking, to carry the hands behind you, one grasping the opposite wrist. Englishmen are admired the world over for their full chests, and broad shoulders, and sturdy frames, and manly bearing. This position of body is a favorite with them, in the simple promenade, in the garden or gallery, in attending ladies along a crowded street, in standing on the street, or in places of public worship.

"Our young men seem to be in elysium when they can walk arm-in-arm with their divinities. Now, young gentlemen, you will be hooked on quite soon enough, without anticipating your captivity. While you are free, *walk right* in ALL WAYS; and when you are able, get a *manly* carriage; take our word for it, that it is the best way in the world to secure the affectionate respect of the woman you marry. Did you ever know any girl worth having, who could or would wed a man, who mopes about with his eyes on the ground, making of his whole body the segment of a circle bent the wrong way? Assuredly, a woman of strong points, of striking characteristics, admires, beyond a handsome face, the whole carriage of a man. Erectness, being the representative of courage and daring, is that which makes a '*man of presence*' in the hour of impending danger or peril."

Walking or Sleeping, with the Mouth open.

"There is one rule which should be strictly observed by all in taking exercise by walking—as the very best form in which it can be taken by both the young and the able-bodied of all ages—and that is, *never to allow the action of respiration or breathing to be carried on through the mouth*. The nasal passages are clearly the medium through which respiration was, by our Creator, designed to be carried on. "God breathed into man's nostrils the breath of life," previous to his becoming a living creature.

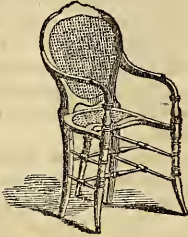
"The difference in the exhaustion of strength by a long walk with the mouth firmly and resolutely closed, and respiration carried on through the nostrils instead of through the mouth, can not be conceived as possible by those who have never tried the experiment. Indeed, this mischievous and really unnatural habit of carrying on the work of inspiration and expiration through the mouth, instead of through the nasal passages, is the true origin of almost all diseases of the throat and lungs, *bronchitis, congestion, asthma*, and even *consumption* itself.

"That excessive perspiration to which some individuals are so liable in their sleep, and which is so weakening to the body, is solely the effect of such persons sleeping with their mouths unclosed. And the same exhaustive results arise to the animal system from walking with the mouth open, instead of—when not engaged in conversation—preserving the lips in a state of firm but quiet compression. Children should never be allowed to sleep, stand, or walk, with their mouths open; for, besides the vacant appearance it gives to the countenance, it sometimes causes *coughs, colds, and sore throats*.

HEALTH TRACT, No. 13.

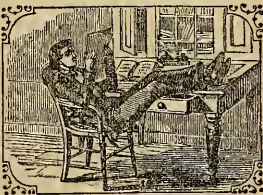
Manufactured and for Sale at 323 Pearl Street, New York.

THE TRUE PHYSIOLOGICAL CHAIR.



(From DR. HALL'S "Journal of Health.")

ALL consumptive people, and all afflicted with spinal deformities, sit habitually crooked, in one or more curves of the body. There was a time in all these when the body had its natural erectness, when there was not the first departure on the road to death. The make of our chairs, especially that great barbarism, the unwieldy and disease-engendering rocking-chair, favors these diseases and undoubtedly, in some instances, leads to bodily habits from which originate the ailments just named, to say nothing of piles, fistula, and the like. The painful or sore feeling which many are troubled with incessantly for years, at the extremity of the back-bone is the result of sitting in such a position that it rests upon the seat of the chair, at a point several inches forward of the chair-back. A *Physiological chair*, one which shall promote the health, and preserve the human form erect and manly as our Maker made it, should have the back straight, at right angles with the seat; the seat itself not being over eight inches deep. A chair of this kind will do more toward correcting the lounging habits of our youth, than multitudes of parental lecturings, for then if they are seated at all, they must sit erect, otherwise there is no seat-hold.



A very Common Position.



An Occasional Position.

A very common position in sitting, especially among men, is with the shoulders against the chair-back, with a space of several inches between the chair-back and the lower portion of the spine, giving the body the shape of a half hoop; it is the instantaneous, instinctive, and almost universal position assumed by any consumptive on sitting down, unless counteracted by an effort of the will; hence parents should regard such a position in their children with apprehension, and should rectify it at once.

Journal of Health.

HEALTH TRACT, No. 14.

WINTER SHOES.

(From Hall's Journal of Health, 42 Irving Place, New-York.)

LIKE the gnarled oak that has withstood the storms and thunderbolts of centuries, man himself begins to die at the extremities. Keep the feet dry and warm, and we may snap our fingers in joyous triumph at disease and the doctors. Put on two pair of thick woollen stockings, but keep this to yourself; go to some honest son of St. Crispin, and have your measure taken for a stout pair of winter boots or shoes; shoes are better for ordinary, every-day use, as they allow the ready escape of the odors, while they strengthen the ankles, accustoming them to depend on themselves. A very slight accident is sufficient to cause a sprained ankle to a habitual boot-wearer. Besides, a shoe compresses less, and hence admits of a more vigorous circulation of blood. But wear boots when you ride or travel. Give directions also to have no cork or India rubber about the shoes, but to place between the layers of the soles, from out to out, a piece of stout hemp or tow-linen, which has been dipped in melted pitch. This is absolutely impervious to water—does not absorb a particle, while we know that cork does, and after a while becomes “soggy” and damp for a week. When you put them on for the first time, they will feel “as easy as an old shoe,” and you may stand on damp places for hours with impunity.

CURE FOR CORNS.

CORNS are caused by too tight or too loose shoes, and sometimes in the bottoms of the feet by the wooden pegs protruding through the soles of the shoe, by the neglect of the maker to rasp them off sufficiently smooth.

Medical books record cases where the injudicious paring of corns has resulted in mortification and death. The safest, the best, the surest plan is to never allow a corn to be touched with any thing harder than the finger-nail. As soon as it becomes troublesome enough to attract attention, soak the foot fifteen minutes, night and morning, in quite warm water; then rub two or three drops of sweet oil into the top of the corn, with the end of the finger. Do this patiently for a couple of minutes. Then double a piece of soft buckskin, something larger round than a dime, rather oblong. Cut a hole through it large enough to receive the corn, and thus attach it to the toe. This prevents pressure on the corn, which always aggravates it, and in less than a week the corn will generally fall out, or can be easily picked out with the finger-nail, and will not return for many weeks or months; and when it does return, repeat the process. No safer or more efficient plan of removal has ever been made known.

NEW SHOES MADE EASY.

ALL part from an old shoe with special reluctance, because of the easiness of its adaptation to the foot. To put on a “bran new” boot or shoe, with the easy fitting of the discarded old one, is well worth knowing how to do. It is only necessary to keep a secret. Before you have your measure taken, put on two pair of thick stockings, and let Crispin go ahead. The new pair will be almost as easy as the old.

HLALTH TRACT No. 15.

G R O W I N G B E A U T I F U L .

(From Hall's Journal of Health, 42 Irving Place, New-York.)

PERSONS may outgrow disease and become healthy by proper attention to the laws of their physical constitution. By moderate and dally exercise men may become active and strong in limb and muscle. But to grow beautiful, how? Age dims the lustre of the eye, and pales the roses on beauty's cheek; while crowfeet, and furrows, and wrinkles, and lost teeth, and gray hairs, and bald head, and tottering limbs, and limping most sadly mar the human form divine. But dim as the eye is, as pallid and sunken as may be the face of beauty, and frail and feeble that once strong, erect, and manly body, the immortal soul, just fledging its wings for its home in heaven, may look out through those faded windows as beautiful as the dew-drop of a summer's morning, as melting as the tears that glisten in affection's eye—by growing kindly, by cultivating sympathy with all human kind, by cherishing forbearance towards the follies and foibles of our race, and feeding, day by day, on that love to God and man which lifts us from the brute, and makes us akin to angels.

W E A K E Y E S .

WILLIS ON HALL.

(From the Home Journal of Jan. 28, 1860.)

A GOOD HALL.—A “very good haul,” indeed, does he get, every month, who with a *net* dollar, *takes* the “Journal of Health,” edited by HALL the Doctor! Of the pocket-wisdom most wanted, plain, pithy and pertinent, this little periodical, in our opinion, is the very purse. Now, what weak-eyed man or woman, for instance, will not be wiser for the following: “Many who are troubled with weak eyes, by avoiding the use of them in reading, sewing, and the like, *until after breakfast*, will be able to use them with greater comfort for the remainder of the day, the reason being, that in the digestion of the food the blood is called in from all parts of the system, to a certain extent, to aid the stomach in that important process; besides, the food eaten gives general strength, imparts a stimulus to the whole man, and the eyes partake of their share.”

THE DOOR-BELL REQUIEM.—To the belle men no longer adore, a *door-bell* tolls the requiem, (with its fewer-and-farther betweenities on New-Year's day,) or so seems to think Dr. Hall. Ah! the poetry there is—or might be—under the following statement of it in prose! “There are maiden ladies, who, some years ago, numbered their callers by dozens and scores, and ever hundreds; but for a few years past they have fallen off in geometrical progression, and now the diminution is really frightful. Formerly, when youth and beauty were theirs, the *door-bell* began to tingle as soon as the clock struck nine of the morning, with scarcely an intermission until it verged toward midnight. But now how great the change! Merry voices are heard outside, but they do not greet their ears; brisk footfalls sound on the pavement, but they do not stop at their doors, and a weary forenoon has almost passed away with only one or two visitors to break the disturbing monotony, former visions begin to assume more tangible shapes and the emhodied idea stands out in high relief—*Passie!*”

MEASLES AND CONSUMPTION.

(From Hall's Journal of Health, 42 Irving Place, New-York.)

THIS disease prevails extensively in cities during the winter season, and will usually cure itself, if only protected against adverse influences. The older persons are, the less likely they are to recover perfectly from this ailment, for it very often leaves some life-long malady behind it. The most hopeless forms of consumptive disease are often the result of ill-conducted or badly managed measles. In nine cases out of ten, not a particle of any medicine is needed.

Our first advice is, always, and under all circumstances, send at once for an experienced physician. Meanwhile keep the patient in a cool, dry, and well-aired room, with moderate covering, in a position where there will be no exposure to drafts of air. The thermometer should range at about sixty-five degrees, where the bed stands, which should be moderately hard, of shucks, straw, or curled hair. Gratify the instinct for cold water and lemonade. It is safest to keep the bed for several days after the rash has begun to die away. The diet should be light, and of an opening, cooling character.

The main object of this article is to warn persons that the greater danger is after the disappearance of the measles. We would advise that for three weeks after the patient is well enough to leave his bed, he should not go out of the house, nor stand or sit for a single minute near an open window or door, nor wash any part of the person in cold water nor warm, but to wipe the face with a damp cloth. For a good part of this time the appetite should not be wholly gratified; the patient should eat slowly of light nutritious food. In one case, a little child, almost entirely well of the measles, got to playing with its hands in cold water; it gradually dwindled away and died. All exercise should be moderate, in order to prevent cooling off too quickly afterwards, and to save the danger of exposure to drafts of air, which, by chilling the surface, causes *chronic diarrhœa*, if it falls on the bowels; *deafness for life*, if it falls on the ear; or *incurable consumption*, if it falls on the lungs.

THE easiest method of securing an erect and manly carriage is to walk with the chin slightly above a horizontal line, as if looking at something higher than your own head.

SABBATH PHYSIOLOGY.

(From Hall's Journal of Health, 42 Irving Place, New-York.)

THE Almighty rested one seventh of the time of creation, commanding man to observe an equal repose. The neglect of this injunction will always, sooner or later, bring mental, moral, and physical death.

Rest is an invariable law of animal life. The busy heart beats, beats ever, from infancy to age, and yet for a large part of the time it is in a state of repose.

William Pitt died of apoplexy at the early age of forty-seven. When the destinies of nations hung in a large measure on his doings, he felt compelled to give an unremitting attention to affairs of state. Sabbath brought no rest to him, and soon the unwilling brain gave signs of exhaustion. But his presence in Parliament was conceived to be indispensable for explanation and defense of the public policy. Under such circumstances, it was his custom to eat heartily substantial food, most highly seasoned, just before going to his place, in order to afford the body that strength and to excite the mind to that activity deemed necessary to the momentous occasion. But under the high tension both brain and body perished prematurely.

Not long ago, one of the most active business men of England found his affairs so extended, that he deliberately determined to devote his Sabbaths to his accounts. He had a mind of a wide grasp. His views were so comprehensive, so far-seeing, that wealth came in upon him like a flood. He purchased a country seat at the cost of \$400,000, determining that he would now have rest and quiet. But it was too late. As he stepped on his threshold after a survey of his late purchase, he became apoplectic. Although life was not destroyed, he only lives to be the wreck of a man.

It used to be said that a brick kiln "must be kept burning over the Sabbath;" it is now known to be a fallacy. There can be no "must" against the divine command. Even now it is a received opinion that iron blast furnaces will bring ruin if not kept in continual operation. Eighteen years ago, an Englishman determined to keep the Sabbath holy as to them, with the result, as his books testified, that he made more iron in six days than he did before in seven; that he made more iron in a given time, in proportion to the hands and number and size of the furnaces, than any establishment in England which was kept in operation during the Sabbath.

In our own New-York, the mind of a man who made half a million a year, went out in the night of madness and an early grave within two years, from the very strain put upon it by a variety of enterprises, every one of which succeeded.

"It will take about five years to clear them off," said an observant master of an Ohio canal-boat, alluding to the wearing-out influences on the boatmen, who worked on Sabbaths as well as other days. As to the boatmen and firemen of the steamers on the Western rivers, which never lay by on the Sabbath, seven years is the average of life. The observance, therefore, of the seventh portion of our time for the purposes of rest is demonstrably a physiological necessity—a law of our nature.

THE BEST HAIR-WASH.

(From Hall's Journal of Health, 42 Irving Place, New-York.)

A SOUTHERN correspondent says: "In the matter of a hair-wash, in a recent number of the JOURNAL OF HEALTH, I have received a thousand times its cost, and it has also been a benefit to many others."

Make half a pint soap-suds with pure white soap and warm water, on rising any morning; but before applying it, brush the whole scalp well, while the hair is perfectly dry, with the very best Russia bristle brush, scrub back and forth with a will, let not any portion of the surface escape. When brushing the top and front, lean forward, that the particles may fall. After this operation is finished, strike the ends of the bristles on the hearth or on a board, next pass the coarse part of the comb through the bristles; next, brush or flap the hair back and forth with the hand until no dust is seen to fall; then with the balls of the fingers dipped in the soap-suds, rub the fluid into the scalp and about the roots of the hair; do this patiently and thoroughly. Finally, rinse with clear water, and absorb as much of the water from the hair as possible with a dry cloth; then (after allowing the hair to dry a little more by evaporation, but not to dry entirely) dress it as usual, always, under all circumstances, passing the comb through the hair slowly and gently, so as not to break any one off, or tear out any one by the roots.

By this operation the alkali of the soap unites with the natural oil of the hair, and leaves it perfectly clean and beautifully silken, and with cold water washings of the whole head and neck and ears every morning, it will soon be found that the hair will "dress" as handsomely as if "oiled to perfection;" with the great advantage of conscious cleanliness, giving, too, the general appearance of a greater profusion of hair than when it is plastered flat on the scalp, with variously scented hog's fat, as is the common custom.

It has been recently established, in a court of justice in the city of New-York, that one of the most popular hair-washes ever known was made by adding a little alcohol, scented with a perfume, to common soap-suds.

A better hair-wash is a tea-spoonful of powdered borax in half a glass of warm water, applied as above weekly, with a good use of the hair-brush daily, using a comb only to straighten out the hair, touching the scalp but very lightly indeed, (otherwise it makes it rough and injures the roots of the hair.) This will prevent DANDRUFF, which answers to what is deposited from the curry-comb of a horse, being the dead scales, dried oil, perspiration, and dust of the scalp. Nothing can ever make hair grow on a shining scalp. Pure soft water will make the hair "dress" better than any thing else in nature. It is an unclean scalp that "rots" the hair and imparts an unpleasant odor. If good health, a clean scalp, and cutting off the extreme ends of the hair monthly does not make it grow, nothing else can.

HEALTH TRACT, No. 19.

WEARING FLANNEL.

(From Hall's Journal of Health, 42 Irving Place, New-York.)

In our climate, fickle in its gleams of sunshine and its balmy airs, as a coquette with her smiles and favors, consumption bears away every year the ornaments of many social circles. The fairest and loveliest are its favorites. An ounce of prevention in this fatal disease is worth many pounds of cure, for when once well seated, it mocks alike medical skill and careful nursing. If the fair sex could be induced to regard the laws of health, many precious lives might be saved; but pasteboard soles, the low-neck dresses, and lilliputian hats, sow annually the seeds of a fatal harvest. The suggestion in the following article from the JOURNAL OF HEALTH, if followed, might save many with consumptive tendencies from an early grave:

"Put it on at once; winter and summer nothing better can be worn next to the skin than a loose red woollen shirt; 'loose,' for it has room to move on the skin, thus causing a titillation which draws the blood to the surface and keeps it there; and when that is the case no one can take cold; 'red,' for white flannel pulls up, mats together, and becomes tight, stiff, heavy and impervious. Cotton-wool merely absorbs the moisture from the surface, while woollen flannel conveys it from the skin and deposits it in drops on the outside of the shirt, from which the ordinary cotton shirt absorbs it, and by its nearer exposure to the air it is soon dried without injury to the body. Having these properties, red wool flannel is worn by sailors even in the midsummer of the warmest countries. Wear a thinner material in summer."

TO CONSUMPTIVES.

You want air, not physic; you want pure air, not medicated air; you want nutrition, such as plenty of meat and bread will give, and they alone; physic has no nutriment; gasping for air can not cure you; monkey-capers in a gymnasium can not cure you; and stimulants can not cure you. If you want to get well, go in for *beef and out-door air*, and do not be deluded into the grave by advertisements and unreliable certifiers.

THREE ESSENTIALS.

THE three great essentials to human health are: Keep the feet always dry and warm; Have one regular action of the bowels every day; and Cool off very slowly after all forms of exercise.

HEALTH TRACT, No. 20.

HEALTH WITHOUT MEDICINE.

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"HEALTH IS A DUTY" INCUMBENT ON ALL.

[FROM DR. HALL'S JOURNAL OF HEALTH.]

Health is a duty.—When we announced as a starting-point in the first number of our JOURNAL that a man ought to keep well, and being sick was an implied wrong, no doubt it appeared to many rather a rigid doctrine: to wit, that *it is a sin to be sick*. But men of reflection will not be long in coming to the conclusion, that if it is not so in some cases, it is so in a vast number of instances; and a practical man may benefit himself largely, if he be also conscientious, by inquiring, when incapacitated from discharging the duties of life by illness, "*Is it my fault?*" A servant who cuts off his hand to avoid labor, does, certainly, a deliberate wrong to the person to whom he justly owes his labor. And although we may not deliberately make ourselves sick, yet, if it is done through gross inattention or from ignorance, the degree of criminality in the latter is but a short distance from the former.

To use a not uncommon expression, *a man has no business to be sick*. In other words, his being a sick man *is not always a necessity*. People do not get sick *without a cause*, except in rare cases; and that cause is, very generally, within themselves, resulting from inattention, ignorance, or recklessness, either on the part of themselves, their parents, or their teachers. It is a very poor excuse for a man to say that he can not pay a debt—that declaration becomes insulting to the creditor—when that inability is the result of improvidence or actual extravagance. When any man is disabled by sickness from discharging his duty to himself, his family, or to society, the question should at once be, "*Is it from Heaven or of men?*" Not of the former, for it is said *He* does not willingly afflict the children of men; consequently, sickness is not of *His* sending. It is the result of causes within ourselves. In a literal sense, as well as a moral, it is true, "O Israel! thou hast destroyed thyself!" In plainer terms, disease is not sent upon us; we bring it upon ourselves, and, therefore, *health is a duty incumbent on all*.

ATTENTION TO THE FEET.

It is utterly impossible to get well or keep well, unless the feet are kept dry and warm all the time. If they are for the most part cold, there is cough or sore throat, or hoarseness, or sick headache, or some other annoyance.

If cold and dry, the feet should be soaked in hot water for ten minutes every night, and when wiped and dried, rub into them well, ten or fifteen drops of sweet oil; do this patiently with the hands, rubbing the oil into the soles of the feet particularly.

On getting up in the morning, dip both feet at once into water, as cold as the air of the room, half ankle deep, for a minute in Summer; half a minute or less in Winter, rubbing one foot with the other, then wipe dry, and if convenient, hold them to the fire, rubbing them with the hand until perfectly dry and warm in every part.

If the feet are damp and cold, attend only to the morning washings, but always at night remove the stockings, and hold the feet to the fire, rubbing them with the hands for fifteen minutes, and get immediately into bed.

Under any circumstances, as often as the feet are cold enough to attract attention, draw off the stockings, and hold them to the fire; if the feet are much inclined to dampness, put on a pair of dry stockings, leaving the damp ones before the fire to be ready for another change.

Some person's feet are more comfortable, even in Winter, in cotton, others in woolen stockings. Each must be guided by his own feelings. Sometimes two pair of thin stockings keep the feet warmer, than one pair which is thicker than both. The thin pair may be of the same or of different materials, and that which is best next the foot, should be determined by the feelings of the person.

Sometimes the feet are rendered more comfortable by basting half an inch thickness of curled hair on a piece of thick cloth, slipping this into the stocking, with the hair next the skin, to be removed at night, and placed before the fire to be perfectly dried by morning.

Persons who walk a great deal during the day, should, on coming home for the night, remove their shoes and stockings, hold the feet to the fire until perfectly dry; put on a dry pair, and wear slippers for the remainder of the evening.

Boots and gaiters keep the feet damp, cold and unclean, by preventing the escape of that insensible perspiration which is always escaping from a healthy foot, and condensing it; hence the old-fashioned low shoe is best for health.

REGULATING THE BOWELS.

It is best that the bowels should act every morning after breakfast ; therefore, quietly remain in the house, and promptly attend to the first inclination. If the time passes, do not eat an atom until they do act ; at least not until breakfast next day, and even then, do not take anything except a single cup of weak coffee or tea, and some cold bread and butter, or dry toast, or ship-biscuit.

Meanwhile, arrange to walk or work moderately, for an hour or two, each forenoon and afternoon, to the extent of keeping up a moisture on the skin, drinking as freely as desired as much cold water as will satisfy the thirst, taking special pains, as soon as the exercise is over, to go to a good fire or very warm room in Winter, or, if in Summer, to a place entirely sheltered from any draught of air, so as to cool off very slowly indeed, and thus avoid taking cold or feeling a "soreness" all over next day.

Remember, that without a regular daily healthful action of the bowels, it is impossible to maintain health, or to regain it, if lost. The coarser the food, the more freely will the bowels act, such as corn (Indian,) bread eaten hot ; hominy ; wheaten grits ; bread made from coarse flour, or "shorts ;" Graham bread ; boiled turnips, or stirabout.

If the bowels act oftener than twice a day, live for a short time on boiled rice, farina, starch, or boiled milk. In more aggravated cases, keep as quiet as possible on a bed, take nothing but rice, parched brown like coffee, then boiled and eaten in the usual way ; meanwhile drink nothing whatever, but eat to your fullest desire bits of ice swallowed nearly whole, or swallow ice cream before entirely melted in the mouth ; if necessary, wear a bandage of thick woolen flannel, a foot or more broad bound tightly around the abdomen ; this is especially necessary if the patient has to be on the feet much. All locomotion should be avoided when the bowels are thin, watery or weakening. The habitual use of pills, or drops or any kind of medicine whatever, for the regulation of the bowels, is a sure means of ultimately undermining the health ; in almost all cases laying the foundation for some of the most distressing of chronic maladies, hence all the pains possible, should be taken to keep them regulated by natural agencies, such as the coarse foods and exercises above named.

BURNS AND BITES.

POISONS.

For any poison, the most speedy, certain, and most frequently efficacious remedy in the world, if immediately taken, is a heaping teaspoonful of ground mustard, stirred rapidly in a glass of cold water, and drank down at a draught, causing instantaneous vomiting. As soon as the vomiting ceases, swallow two tablespoonfuls or more of sweet-oil, or any other mild oil.

If no ground mustard is at hand, drink a teacupful or more of sweet-oil, or any other pure mild oil, melted hog's lard, melted butter, train oil, cod-liver oil, any of which protect the coats of the stomach from the disorganizing effects of the poison; and, to a certain extent, by filling up the pores of the stomach, (the mouths of the absorbents,) prevent the poison being taken up into the circulation of the blood. Persons bitten by rattlesnakes have drank oil freely, and recovered. These are things to be done while a physician is being sent for.

BITES AND STINGS.

Apply instantly, with a soft rag, most freely, spirits of hartshorn. The venom of stings being an acid, the alkali nullifies them. Fresh wood ashes, moistened with water, and made into a poultice, frequently renewed, is an excellent substitute—or, soda or saleratus—all being alkalies.

To be on the safe side, in case of snake or mad-dog bites, drink brandy, whisky, rum, or other spirits, as free as water—a teacupful, or a pint or more, according to the aggravation of the circumstances.

POULTICES.

As to inflammation, sores, cuts, wounds by rusty nails, etc., the great remedy is warmth and moisture, because these promote evaporation and cooling; whatever kind of poultice is applied, that is best which keeps moist the longest, and is in its nature mild; hence cold light (wheaten) bread, soaked in sweet milk, is one of the very best known. There is no specific virtue in the repulsive remedy of the "entrails of a live chicken," of scraped potatoes, turnips, beets, carrots, or any other scrapings; the virtue consists in the mild moisture of the application. Hence the memory need not be burdened with the recollection of particular kinds of poultices, but only with the principle that that poultice is best which keeps moist longest without disturbance.

SCALDS AND BURNS.

The best, most instantaneous, and most accessible remedy in the world, is to thrust the injured part in cold water, send for a physician, and while he is coming, cover the part an inch or more deep with common flour. The water gives instantaneous relief by excluding the oxygen of the air; the flour does the same thing, but is preferable, because it can be kept more continuously applied, with less inconvenience, than by keeping the parts under water. As they get well, the flour scales off, or is easily moistened and removed. If the injury is at all severe, the patient should live mainly on tea and toast, or gruels, and keep the bowels acting freely every day, by eating raw apples, stewed fruits, and the like. No better and more certain cure for scalds and burns has ever been proposed.

SOUR STOMACH.

NATURE provides a liquid (the gastric juice) in the stomach, sufficient to dissolve as much food as the system requires, and no more. Whatever is eaten beyond what is needed has no gastric juice to dissolve it, and being kept at the temperature of the stomach, which is about a hundred degrees, it begins to decompose—that is, to sour—in one, two, three, or more hours, just as new cider begins to sour in a few hours. In the process of souring, gas is generated as in the cider-barrel, the bung is thrown out, and some of the contents run over at the bung-hole, because in souring, the contents expand, and require more room. So with the stomach. It may be but partially filled by a meal; but if more has been swallowed than wise nature has provided gastric juice for, it begins to sour, to ferment, to distend, and the man feels uncomfortably full. He wants to belch. That gives some relief. But the fermentation going on, he gets the “belly ache” of childhood or some other discomfort, which lasts for several hours, when nature succeeds in getting rid of the surplus, and the machinery runs smoothly again. But if these things are frequently repeated, the machinery fails to rectify itself, looses the power of readjustment, works with a clog, and the man is a miserable dyspeptic for the remainder of life; and all from his not having had wit enough to know when he had eaten a plenty, and being foolish enough, when he had felt the ill effects of thus eating too much, to repeat the process an indefinite number of times; and all for the trifling object of feeling good for the brief period of its passing down the throat. For each minute of that good he pays the penalty of a month of such suffering as only a dyspeptic can appreciate. What a fool man is! He is a numskull, a goose, a sheep, a goat, a jackass.

HEALTH TRACT, No. 25.

From Hall's Journal of Health, 42 Irving Place. \$1 a year.

SLEEPING.

It is nothing short of murderous for one person to sleep habitually in a room less than twelve feet each way ; and even then the fire-place should be kept open, and a door ajar, or the windows raised at bottom, or lowered at top, (both better ;) this creates a draught up the chimney, and carries off much of the foul air generated during sleep. A little fire, or a lamp, or jet of gas burning in the fire-place, increases the draught. As the air we breathe is the chief agent for removing all impurities from the blood, the more effectual as it is purer, it must be plain to all that the room in which we spend a clear third of our entire existence should contain the purest air possible, and that this must have an immense influence on the health. Hence, our chambers should be large and airy—the higher above the ground the better—with windows facing the south, so as to have all the benefit of sunlight and warmth, to keep them dry and cheerful. Besides a few handsome pictures or paintings on the walls, illustrating what is beautiful and elevating, there should be no furniture except a table, a dressing-bureau, and a few chairs, all without covering. With the exception of the bedding and a clean dry towel, there should be no woven fabric, neither carpet, curtains, nor hanging garments ; for these, especially if woollen, retain odors, dust, dampness, and seeds of corruption and disease for months. There should be a hearth-rug at the bedside to prevent the bare feet from coming in contact with the cold floor, on getting out of a warm bed. No liquid except a pitcher of cold water should be allowed to remain five minutes in a sleeping-room. The deadly carbonic acid gas which comes from the lungs at every out-breathing of the sleeper, rises to the ceiling in warm weather, but falls to the floor when the room is freezing cold. Hence, in summer, the purest and coolest air in a room is near the floor ; in winter, the foulest.

TO SLEEP SOUNDLY.—Inability to sleep, as a growing habit, is the first step toward certain madness ; in every disease it is an omen of ill. Hence, to cultivate sound sleep, do not sleep a moment in the day-time ; go to bed at a regular hour, and never take a “second nap” after waking of yourself in the morning. Take nothing after dinner but a piece of cold bread and butter, and one cup of hot drink ; *not* China tea, as it makes many wakeful. Never go to bed cold or very hungry, nor with cold feet. Read nothing after supper, listen to nothing, talk about nothing of a very exciting character ; avoid carefully every domestic unpleasantness, as to child, servant, husband, or wife. Let no angry word be spoken or thought harbored for a single instant after tea-time, for death may come before the morning-light. Grown persons generally require seven hours' sleep in summer, and eight in winter. Few indeed, except invalids, will fail to sleep well who go to bed at a regular early hour, on a light supper, in a large room, and clean, comfortable bed, if there is no sleeping in the day-time, and not more than seven hours in any twenty-four are passed in bed. One week's faithful trial will prove this. Children, and all persons at school or engaged in hard study, should take all the sleep they can get, and should never be waked up in the morning after having gone to bed at a regular early hour. Every humane parent will make it a religious duty to arrange that every child shall go to bed in an affectionate, loving, and glad spirit. If wakeful during the night, get up, draw on the stockings, throw back the bed-cover to air it, walk the floor in your night-gown, with the mouth closed, all the while rubbing the skin briskly with both hands, until cooled off and a little tired. Except from August first to October first, in fever and ague localities, a chamber-window should be open two or three inches at least.—SEE DR. HALL ON “SLEEP.”

HEALTH TRACT, No. 26.

E A T I N G .

THE stomach has two doors, one for the entrance of the food, on the left side, the other, for its exit, after it has been properly prepared for another process. As soon as the food is swallowed, it begins to go round and round the stomach so as to facilitate dissolution; just as the melting of a number of small bits of ice is expedited by being stirred in a glass of water; the food, like the ice, dissolving from without, inwards, until all is a liquid mass.

Eminent physiologists have said, that as this liquid mass passes the door of exit, where there is a little movable muscle, called the Pyloric Valve, (a faithful watchman,) that which is fit for future purposes gives a tap, as it were; the valve flies open, and it makes an honorable exit. Thus it goes on until the stomach is empty, provided no more food has been taken than there was a supply of gastric juice for. If a mouthful too much has been taken, there is no gastric juice to dissolve it; it remains hard and undigested, it is not fit to pass, and the janitor refuses to open the door; and another and another circuit is made, with a steady refusal at each time, until the work is properly done. Boiled rice, roasted apples, cold raw cabbage cut up fine in vinegar, tripe prepared in vinegar, or souse, pass through in about an hour; fried pork, boiled cabbage and the like, are kept dancing around for about five hours and a half.

After, however, there has been a repeated refusal to pass, and it would appear that any longer detention was useless, as in the case of indigestible food, or a dime, or cent, or fruit-stone, the faithful watchman seems to be almost endowed with intelligence as if saying: "Well, old fellow, you never will be of any account; it is not worth while to be troubled with you any longer, pass on, and never show your face again."

When food is thus unnaturally detained in the stomach, it produces wind, eructations, fullness, acidity, or a feeling often described as a "weight," or "load," or "heavy." But nature is never cheated. Her regulations are never infringed with impunity; and although an indigestible article may be allowed to pass out of the stomach, it enters the bowels as an intruder, is an unwelcome stranger, the parts are unused to it, like a crumb of bread which has gone the wrong way by passing into the lungs, and nature sets up a violent coughing to eject the intruder. As to the bowels, another plan is taken, but the object is the same—a speedy rid-dance. As soon as this unwelcome thing touches the lining of the bowels, nature becomes alarmed, and like as when a bit of sand is in the eye, she throws out water, as if with the intention of washing it out of the body, hence the sudden diarrheas with which two-legged pigs are sometimes surprised. It was a desperate effort of nature to save the body, for if undigested food remains too long, either in the stomach or bowels, fits, convulsions, epilepsies, apoplexies, and death, are a very frequent result. Inference: *Always eat slowly and in moderation of well-divided food.*

VALUABLE KNOWLEDGE.

BITES AND STINGS of insects and snakes have been cured by instantly washing the parts freely with spirits of hartshorn or other alkali; at other times by applying a poultice made of common table-salt and the yolk of an egg.

BURNS AND SCALDS are instantly relieved by immersing the parts in cold water; then send for the doctor, and while he is coming, cover the injured parts half an inch deep with common dry flour; keep the bowels acting daily, and take nothing but gruel, soups, stale bread, and baked fruits. This is the safest, best, speediest, and most certain cure ever made known for burns.

COLDS.—Swallow not a morsel, cover up warm in bed, and remain there until well, drinking most freely of warm teas of any kind. If these things are done the day a cold is taken, they will seldom fail of a cure within thirty-six hours.

CORNS.—After bathing the feet twenty minutes in hot water, rub a few drops of sweet oil on the corn with the finger for two or three minutes. Do this every night, and protect the corn from the pressure of a tight shoe or the chafing of a loose one, and the corn can be easily picked out with the finger-nail in a few days, not to return for months, if ever, when renew the treatment.

COUGH OF CHILDREN.—Keep them warm in a warm room, eating nothing but broths, stale bread, gruels, and baked fruits, and every four or five hours rub into the skin all over the chest, with the hand, patiently, half a teaspoonful of common sweet oil; taking every few hours during the day, a teaspoonful at a time, of sweet cider boiled to a syrup, which will keep a year in a cool cellar.

DIARRHEA of summer is often cured by maintaining perfect quietude on a bed, and eating acid fruits or berries in their natural state while ripe, raw, and fresh. If the acid fruit fails, eat nothing for a few days but common rice, parched brown like coffee, then prepare in the usual way.

ERYSIPELAS.—Keep the parts covered well with a poultice made of raw cranberries pounded. This disease comes without warning, and often ends fatally in a few days.

ODORS.—Of places, keep then clean; of persons, arising from a scrofulous taint, wash face, hands, neck, arms, arm-pits, and feet daily in a basin of water, in which has been mixed two table-spoonfuls of the compound tincture of spirits of hartshorn.

POISON.—Whether animal, vegetable or mineral, if swallowed, will be instantly neutralized in most cases by drinking a teacupful of common sweet oil promptly. The Choctaw Indians are said to rely on this as an infallible cure for the bite of rattlesnakes; if Laudanum, drink every ten minutes or oftener, until the drowsiness goes off, strong coffee, each cup cleared with the white of one egg.

NEW SHOES MADE EASY.—Before having your measure taken, put on two pair of thick woolen stockings, but don't tell Crispin.

SURFEIT.—Careful and wise persons sometimes over-eat, and are foundered like a horse; walk in the open air (until freely relieved) with sufficient activity to keep up a moderate perspiration, then go to a warm room and remain with all the clothing on until cooled off, and take nothing for the next two meals but stale bread and some warm drink, so as to rest the stomach.

TEETH.—If the tooth aches, out with it and be done with it. From five years old up to twenty, a conscientious dentist should be required to examine each particular tooth most minutely every three months, and once a year thereafter: use nothing for plugs but the purest gold. For personal comeliness, comfort, and health no money is more remunerative than that given to a good dentist.

Work by the day and not by the job when you want exercise. By thus working slowly, you are not exhausted before you know it, and by going to a very warm room the moment the work is over, cooling off very slowly, a cold is avoided, as well as that soreness and stiffness of limbs next day, which is the result of fitful, hasty, and too violent exercise.

AVERTING DISEASE.

(From Hall's Journal of Health, New-York. \$1 a Year.)

PAIN is a blessing ; it is the great life-preserver ; it is the sleepless, faithful sentinel which gives prompt warning that harm is being done. Pain is the result of pressure on or against a nerve ; that pressure is made by a blood-vessel, for there is no nerve without a blood-vessel in close proximity. In health, each blood-vessel is moderately full ; but the very moment disease, or harm, or violence, by blow or cut or otherwise, comes to any part of the body, nature becomes alarmed as it were, and sends more blood there to repair the injury—much more than is usually required ; that additional quantity distends the blood-vessels, presses against a nerve, and gives disquiet or actual pain. In these cases this increased quantity of blood is called “inflammation.” Again, if a man eats too much, or is constipated, or by some other means makes his blood impure, it becomes thickened thereby, and does not flow through its channels as freely as it should ; hence it accumulates, dams up, congests, distending the veins, which in their turn make pressure on some adjoining nerve, and give dull pain, as headache. This congestion in the arteries gives a sharp, pricking pain.

Pain, then, is the result of more blood being determined to the part where that pain is, than naturally belongs to it. The evident alternative is to diminish the quantity of blood, either at the point of ailment or in the body in general. Thus it is that a mustard-plaster applied near a painful spot, by withdrawing the blood to itself, gives instantaneous relief. Opening a vein will do the same thing ; and so, but not as expeditiously, will any purgative medicine, because that by all these things, by diminishing the amount of fluid as to the whole body, each particular part is proportionably relieved. On the same principle is, it that a “good sweat” is “good” for any pain, and affords more or less relief. Friction does the same, even if it is performed with so soft a thing as the human hand, for any rubbing reddens, that is, attracts blood to the part rubbed, and thus diminishes the pain at the spot where there is too much blood.

1. The instant we become conscious of any unpleasant sensation in the body, eat nothing. 2. Keep warm. 3. Be still.

These are applicable and safe in all cases ; sometimes a more speedy result is attained if, instead of being quiet, the patient would, by moderate, steady exercise, keep up a gentle perspiration for several hours. In many cases, this remedy will become more and more efficient, with increasing intervals for need of its application, until at length a man is not sick at all, and life goes out like the snuff of a candle or as gently as the dying embers on the hearth.

NEGLECTING COLDS.

(From Hall's Journal of Health, New-York. \$1 a Year.)

EVERY intelligent physician knows that the best possible method of promptly curing a cold is, that the very day in which it is observed to have been taken, the patient should cease absolutely from eating a particle for twenty-four or forty-eight hours, and should be strictly confined to a warm room, or be covered up well in bed, taking freely hot drinks. It is also in the experience of every observant person, that when a cold is once taken, very slight causes indeed increase it. The expression, "It is nothing but a cold," conveys a practical falsity of the most pernicious character, because an experienced medical practitioner feels that it is impossible to tell in any given case, where a cold will end; hence, and when highly valuable lives are at stake, his solitudes appear sometimes to others to verge on folly or ignorance. A striking and most instructive example of these statements is found in the case of Nicholas the First, the Emperor of all the Russias. For more than a year before his death, his confidential medical adviser observed that in consequence of the Emperor "not giving to sleep the hours needed for restoration," his general vigor was declining, and that exposures which he had often encountered with impunity, were making unfavorable impressions on the system—that he had less power of resistance. At length, while reviewing his troops on a January day, he took a severe cold, which at once excited the apprehensions of his watchful physician, who advised him not to repeat his review.

"Would you make as much of my illness if I were a common soldier?" asked the Emperor, in a tone of good-natured pleasantry.

"Certainly, please your majesty; we should not allow a common soldier to leave the hospital if he were in the state in which your majesty is."

"Well, you would do your duty—I will do mine," and the exposure was repeated, with the result of greatly increasing the bad effects of this original cold, and he died in a week afterwards.

Colds are never taken while persons are in active motion, but when at rest, just after the exercise. This result can be averted infallibly by going instantly to a warm room and remaining with all the clothing on, in which the exercise has been taken, until the body has gradually cooled down to its natural temperature, known by not feeling the slightest moisture on the forehead.

BATHS AND BATHING.

Pigs, puppies, and babies are the better for being well washed every day, but for persons in general to undergo such an operation as regular as the morning comes is absurd and hurtful. Absurd, because unnecessary, and no man ever did it for a lifetime; hurtful, because multitudes who commenced the unnatural practice, have abandoned it from the conviction that it had an unfavorable effect, or that they ceased to be benefited by it.

It is proper that once a week there should be a most thorough washing of the whole body with soap, water at about eighty degrees Fahrenheit, and a common scrubbing-brush. To avoid taking cold, especially in winter, the heat of the room should be within six or eight degrees of that of the water.

The whole operation, from the time of beginning to undress until completed, should not exceed twenty minutes, including the friction, which should be rapid and thorough, with a coarse towel.

Microscopists say that the skin of a man is like the scales of a fish, which are covered with a slimy substance, to throw off the water and also to lubricate the scales so that they may slide over each other with the greatest facility. If this lubricator were kept washed from the fish, it would die. It may be inferred that the oil which nature throws out on the skin is designed for the wise purpose of a lubricator, to keep the skin moist and soft and smooth. In severe fever or cold, the dry harsh skin, and the "goose flesh," are familiar to all; in both of which there is an entire absence of perspiration, and relief comes only with perspiration. Let all think for themselves in this matter.

Much is said about the universality of bathing among the Romans. The practice did not become general until national voluptuousness, gormandizing and intemperance were destroying the national vigor; but their magnificent bathing establishments, public and private, failed to restore individual health or to prevent national ruin. We are told that the "Eastern Nations" practice bathing. Suppose they do; they are the filthiest people on the face of the globe, as to the Moors, Turks, Hindoos, East-Indians, Chinese, Japanese, etc., while the average of human life is less than our own by many years; and their great men and great deeds and magnificent achievements, where are they?

The masses with us have imperative duties to perform, and can not afford to spend an hour every day in wriggling and splashing and spluttering about in cold water; and happily health does not require it, either of the day laborer or of the man of elegant leisure; all that is needed for either, beyond the weekly bath named, is to wash the exposed parts morning, and in some cases, evening too, most thoroughly; that is, the hands, face, neck, throat, arms, and armpits. Beyond this is not indicated either by common-sense or a rational physiology.

HOW TO AVOID COLDS.

PHYSIOLOGISTS have said that if a few drops of the blandest fluid in nature are injected into a blood-vessel against the current, death is an instantaneous result.

Millions of canals or tubes from the inner portions of the body, open their little mouths at the surface, and through these channels, as ceaseless as the flow of time, a fluid containing the wastes and impurities of the system is passing outwards, and is emptied out on the skin; ordinarily, it is so attenuated, so near like the air, that it can not be seen with the naked eye, but extraordinarily, under the influence of increased natural or artificial heat, as from exercise or fire, this fluid is more profuse, and is seen and known as "the sweat of the brow"—perspiration.

This fluid must have exit or we die in a few hours. If it does not have vent at the surface of the body, it must have some internal outlet. Nature abhors shocks as she does a vacuum. Heat distends the mouths of these ducts, and promotes a larger and more rapid flow of the contained fluid: on the other hand, cold contracts them, and the fluid is at first arrested, dams up and rebounds. If the purest warm milk, injected against the current of the blood, kills in a moment, not from any chemical quality, but from the force against the natural current, there need be no surprise at the ill-effects of suddenly closing the mouths of millions of tubes at the same instant, causing a violence at every pin-head surface of the body. If these mouths are gradually closed, nature has time to adapt herself to the circumstances by opening her channels into the great internal "water-ways" of the body, and no harm follows. Hence the safety of cooling off slowly after exercise or being in a heated apartment, and the danger of cooling off rapidly, under the same circumstances, familiarly known by the expression "checking the perspiration."

The result of closing the pores of the skin is various according to the direction the shock takes, and this is always to the weakest part: in the little child it is to the throat, and there is croup or diphtheria: to the adult it is to the head, giving catarrh in the head or running of the nose; to the lungs, giving a bad cold, or, if very violent, causing pneumonia or inflammation of the lungs themselves; or pleurisy, inflammation of the covering of the lungs; to the bowels causing profuse and sudden diarrhea, or to the covering of the bowels, inducing that rapid and (often) fatal malady known as peritoneal inflammation; if the current is determined to the liver, there is obstinate constipation, or bilious fever, or sick headache. Hence a "cold" is known by a cough, when perspiration is driven inward, and is directed to the lungs; by pleurisy, when to the lining of the lungs; by a sick headache or bilious fever, when to the liver, etc.; diarrhea or constipation when to the bowels *and* liver.

To avoid bad colds, then, it is only necessary to avoid closing the pores of the skin, either rapidly, by checking perspiration, or slowly, by remaining still until the body is thoroughly chilled, that is, until the pores are nearly or entirely closed by inaction in a cold atmosphere or room. In the matter of health, these suggestions are of incalculable importance.

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HEALTH TRACTS.

THE January and February numbers contain sixty-two one-page Health Tracts. The number of the tract answers to the number of the page. January contains from No. 1 to 31, both included; February has No. 32 to No. 62, both included.

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HOW TO EAT WISELY.

As a universal rule in health, and, with very rare exceptions, in disease, that is best to be eaten which the appetite craves or the taste relishes.

Persons rarely err in the quality of the food eaten; nature's instincts are the wise regulators in this respect.

The great sources of mischief from eating are three: Quantity, Frequency, Rapidity; and from these come the horrible dyspepsias which make of human life a burden, a torture, a living death.

RAPIDITY.—By eating fast, the stomach, like a bottle being filled through a funnel, is full and overflowing before we know it. But the most important reason is, the food is swallowed before time has been allowed to divide it in sufficiently small pieces with the teeth; for, like ice in a tumbler of water, the smaller the bits are, the sooner are they dissolved. It has been seen with the naked eye, that if solid food is cut up in pieces small as half a pea, it digests almost as soon, without being chewed at all, as if it had been well masticated. The best plan, therefore, is for all persons to thus comminute their food; for even if it is well chewed, the comminution is no injury, while it is of very great importance in case of hurry, forgetfulness, or bad teeth. Cheerful conversation prevents rapid eating.

FREQUENCY.—It requires about five hours for a common meal to be dissolved and pass out of the stomach, during which time this organ is incessantly at work, when it must have repose, as any other muscle or set of muscles, after such a length of effort. Hence persons should not eat within less than a five hours' interval. The heart itself is at rest more than one third of its time. The brain perishes without repose. Never force food on the stomach.

All are tired when night comes; every muscle of the body is weary and looks to the bed; but just as we lie down to rest every other part of the body, if we, by a hearty meal, give the stomach five hours' work, which, in its weak state, requires a much longer time to perform than at an earlier hour of the day, it is like imposing upon a servant a full day's labor just at the close of a hard day's work; hence the un wisdom of eating heartily late in the day or evening; and no wonder it has cost many a man his life. Always breakfast before work or exercise.

No laborers or active persons should eat an atom later than sun-down, and then it should not be over half the midday meal. Persons of sedentary habits or who are at all ailing, should take absolutely nothing for supper beyond a single piece of cold stale bread and butter, or a ship-biscuit, with a single cup of warm drink. Such a supper will always give better sleep and prepare for a heartier breakfast, with the advantage of having the exercise of the whole day to grind it up and extract its nutriment. Never eat without an inclination.

QUANTITY.—It is variety which tempts to excess; few will err as to quantity who will eat very slow. Take no more than a quarter of a pint of warm drink, with a piece of cold stale bread and butter, one kind of meat, and one vegetable, or one kind of fruit. This is the only safe rule of general application, and allows all to eat as much as they want.

Cold water at meals instantly arrests digestion, and so will much warm drink; hence a single tea-cup of drink, hot or cold, is sufficient for any meal.

For half an hour after eating sit erect, or walk in the open air. Avoid severe study or deep emotion, soon after eating. Do not sit down to a meal under great grief or surprise, or mental excitement.

D Y S P E P S I A .

DYSPEPSIA is the inability of the stomach to prepare from the food eaten the nourishment requisite to sustain the body, and to supply it with pure blood, which, in its impure, unnatural condition, is sent to every fiber of the system; hence there is not a square inch of the body which is not liable to be affected with uneasiness or actual pain, and that portion will suffer most which has been previously weakened, or diseased, or injured in any way. Hence among a dozen dyspeptics, no two will have the same predominant symptoms, either in nature or locality; and as these persons differ further in age, sex, temperament, constitution, occupation, and habits of mind and body, it is the height of absurdity to treat any two dyspeptics precisely alike; hence the failure to cure in many curable cases.

Dyspeptics of high mental power and of a bilious temperament, are subject to sick-headache; those who are fat and phlegmatic, have constipation and cold feet; while the thin and nervous have horrible neuralgies, which make of life a continued martyrdom, or they are abandoned to forebodings so gloomy, and even fearful sometimes, as to eat out all the joy of life, and make death a longed-for event. Some dyspeptics are wonderfully forgetful; others have such an irritability of temper as to render companionship with them, even for a few hours, painful, while there is such a remarkable incapacity of mental concentration, of fixedness of purpose, that it is impossible to secure any connected effort for recovery.

There are some general principles of cure applicable to all, and which will seldom fail of high advantages.

1. The entire body should be washed once a week with soap, hot water, and a stiff brush.
2. Wear woolen next the skin the year round, during the daytime only.
3. By means of ripe fruits and berries, coarse bread, and other coarse food, keep the bowels acting freely once in every twenty-four hours.
4. Under all circumstances, keep the feet always clean, dry, and warm.
5. It is most indispensable to have the fullest plenty of sound, regular, connected, and refreshing sleep in a clean, light, well-aired chamber, with windows facing the sun.
6. Spend two or three hours of every forenoon, and one or two of every afternoon, rain or shine, in the open air, in some form of interesting, exhilarating, and unwearying exercise—walking, with a cheering and entertaining companion is the very best.
7. Eat at regular times, and always slowly.
8. That food is best for each which is most relished, and is followed by the least discomfort. What may have benefited or injured one, is no rule for another. This eighth item is of universal application.
9. Take but a teacupful of any kind of drink at one meal, and let that be hot.
10. Confine yourself to coarse bread of corn, rye, or wheat—to ripe, fresh, perfect fruits and berries, in their natural state—and to fresh lean meats, broiled or roasted, as meat is easier of digestion than vegetables. Milk, gravies, pastries, heavy hot bread, farinas, starches, and greasy food in general, aggravate dyspepsia by their constipating tendencies.
11. It is better to eat at regular times as often as hungry, but so little at once, as to occasion no discomfort whatever.
12. Constantly aim to divert the mind from the bodily condition, in pleasant ways; this is half the cure in many cases.

HOW TO EAT.

BEFORE a man becomes hungry, watchful nature has calculated, in her way, how much nutriment the body needs, and provides as much of a liquid substance as will be necessary to prepare from the food which may be eaten, that amount of sustenance which the system may require. When this is stored up, and all is ready, the sensation of hunger commences, and increases with the steadily increasing amount of the digesting material just referred to, and the very instant the first mouthful of food is swallowed, this "gastric juice" is poured out into the stomach through a thousand sluices; but no more has been prepared than was necessary, for Nature does nothing in vain; so that if a single mouthful more of food has been swallowed than the untempted or unstimulated appetite would have called for, there is no gastric juice for its solution, and it remains but to fret and worry and irritate for hours together. If the amount eaten is much in excess, the stomach, as if in utter discouragement at the magnitude of its task, ceases its attempts at digestion, and forthwith commences the process of ejecting the unnatural load by means of nausea and vomiting in some cases; in others, it remains for an hour or more like a weight, a hard round ball, or a lump of lead, an uneasy heaviness; then it begins to "sour," that is, to decompose, to rot, and the disgusting gas or liquid comes up into the throat, causing more or less of a scalding sensation from the pit of the stomach to the throat; this is called "heartburn." At length, the half-rotted mixture is forced out of the mouth by the outraged stomach with that horrible odor and taste with which every glutton is familiar. In some cases the stenchy mass is passed out of the stomach downwards, causing, in its progress, a gush of liquid from all parts of the intestinal canal, to wash it, with a flood, out of the system; this is the "Diarrhea" which surprises the gourmand at midnight or in the early morning hours, when a late or over-hearty meal has been eaten. When sufficient food has been taken for the amount of gastric juice supplied, hunger ceases, and every mouthful swallowed after that, no gastric juice having been prepared for its dissolution, remains without any healthful change, inflaming, and irritating, and exhausting the stomach by its efforts to get rid of it, and this is the first step towards forming "dyspepsia," which becomes more and more deeply fixed by every repeated outrage, until at length it remains a life-time worry to the mind, filling it with horrible imaginings, and a wearing wasting torture to the body, until it passes into the grave.

The moral of the article is, that the man who "forces" his food, he who eats without an inclination, and he who strives by tonics, or bitters, or wine, or other alcoholic liquors, to "get up" an appetite, is a sinner against body and soul—a virtual suicide!

DRINKING.

MAN is the only animal that drinks without being thirsty, swallowing whole quarts of water when Nature does not call for it, with the alleged view of "washing out" the system. When persons are thirsty, that thirst should be fully assuaged with moderately cool water, drank (in summer time or under great bodily heat or fatigue) very leisurely, but not within half an hour of eating a regular meal. Eminent physiologists agree that drinking at meals dilutes the gastric juice, diminishes its solvent power, and retards digestion, especially if what is drank is cold. Persons in vigorous health, and who work or exercise a great part of every day in the open air, may drink a glass of water, or a single cup of weak coffee or tea, at each meal, and live to a good old age. But it is very certain that sedentary persons and invalids can not go beyond that habitually, with impunity. The wisdom of such consists in drinking nothing at all at the regular meals beyond a swallow or two at a time of some hot drink of a mild and nutritious character. Feeble persons will be benefited by hot drinks, because they warm up the body, excite the circulation, and thus promote digestion, if taken while eating, and not exceeding a cupful.

Cold water ought never to be drank within half an hour of eating; for the colder it is, the more instantly does it arrest digestion, not only by diluting the gastric juice, but by reducing its temperature, which is near one hundred degrees. Ice-water is something over thirty-two degrees, and, when swallowed, mixes with the gastric juice, and lowers its temperature, not to be elevated until heat enough has been withdrawn from the general system; and that draft must be made until the hundred degrees of warmth are attained; but some persons have so little vitality, that the body exhausts itself in its instinctive efforts to help the stomach, from which its life and strength come; and the person rises from the table with a cold chill running down the back or over the whole body. Sometimes these drafts upon the body for warmth to the stomach are so sudden and great, that they can not be met, and instantaneous death is the result. Many a person has dropped dead at the pump or at the spring; such a result is more certain if, in addition to the person being very warm at the time of drinking, there is also great bodily fatigue. A French general recently fell dead from drinking cold water on reaching the top of a mountain over-heated and exhausted in the effort of bringing up his battalions with promptitude. Under all circumstances of heat or fatigue, the glass of water should be grasped in the hand, held half a minute, then, taking not over two swallows, rest a quarter of a minute; then two swallows more, and so on, until the thirst is *nearly* assuaged. It will seldom happen that a person is inclined to take over half a dozen swallows thus.

No case is remembered in the practice of a quarter of a century, where malt liquors, wines, brandies, or any alcoholic drinks whatever, have ever had a permanent good effect in improving the digestion. Apparent advantages sometimes result, but they are transient or deceptive. If there is no appetite, it is because Nature has provided no gastric juice; and that is the product of Nature, not of alcohol. If there is appetite but no digestive power, liquor no more supplies that power than would the lash give strength to an exhausted donkey. If torture does arouse the sinking beast, it is only that it shall fall a little later into a still greater exhaustion from which there is no recovery; so with the use of liquor and tobacco as whetters of the appetite, when at length the desire for the accustomed stimulus ceases, and the man "sickens;" there is no longer a relish for the dram and the chew, and life fades apace, either in a stupor from which there is no awaking, or by wasting and uncontrollable diarrhea.

NOTHING BUT A COLD.

(From Hall's Journal of Health, \$1 a year, New-York.)

THE immediate cause of a vast number of cases of disease and death is a "cold;" it is that which fires a magazine of human ills; it is the spark to gunpowder. It was to a cold taken on a raw December day, that the great Washington owed his death. It was a common cold, aggravated by the injudicious advice of a friend which ushered in the final illness of Washington Irving. Almost any reader can trace the death of some dear friend to a "little cold."

The chief causes of cold are two: 1st, cooling off too soon after exercise; 2d, getting thoroughly chilled while in a state of rest without having been overheated; this latter originates dangerous pleurisies, fatal pneumonias (inflammation of the lungs,) and deadly fevers of the typhoid type.

Persons in vigorous health do not take cold easily; they can do with impunity what would be fatal to the feeble and infirm. Dyspeptic persons take cold readily, but they are not aware of it, because its force does not fall on the lungs, but on the liver through the skin, giving sick-headache; and close questioning will soon develop the fact of some unusual bodily effort, followed by cooling off rapidly.

A person wakes up some sunny morning, and feels as if he had been "pounded in a bag;" every joint is stiff, every muscle sore and a single step can not be taken without difficulty or actual pain. Reflection will bring out some unwonted exercise, and a subsequent cooling off before knowing it—as working in the garden in the spring-time; showing new servants "how to do," by turning themselves into chambermaids, waiters at table, and pastrycooks, Bridget being 'cute enough not to learn, "on purpose," (why should she, when she is paid full wages to oversee her mistress!) in going a "shopping," the particular pest of city husbands—an expedition which taxes the mind and body to the utmost; the particular shade of a ribbon, the larger or smaller size of a "figure" on a calico dress, or a camel's hair shawl; whether the main flower of a bonnet shall be "Jimpson" or a rose-bud; whether the jewelry shall sport a Cupid's arrow or a snake's head; these and similar debatable points on a thousand "little nothings," rouse their minds to a pitch of interest and excitement scarcely excelled by that of counselors of state in determining the boundaries of empires or the fate of nations.

Of course they went out upon that expedition dressed within an inch of life, as if for a ball, an opera, or a court reception, to return home exhausted in body, depressed in mind, and thoroughly heated; the first thing done is to toss down a glass of water to cool off the inner — woman; next to lay aside bonnet, shawl, and "best dress," to cool the outer; then to "blaze away at every body in general, and the poor unfortunate husband in particular, if he has not had the gumption before then, to learn to give a wide berth on such occasions, to cool the upper — man: and lastly, to put on a cold dress, lie down on a bed in a fireless room, and fall asleep, to wake up with infinite certainty, to a bad cold, which is to confine to the chamber for days and weeks together, and not unseldom, carries them to the grave!

A little attention would avert a vast amount of human suffering in these regards. Sedentary persons, invalids, and those in feeble health, should go directly to a fire after all forms of exercise, and keep all the garments on for a few minutes; or, if in warm weather, to a closed apartment, and, if any thing, throw on an additional covering. When no appreciable moisture is found on the forehead, the out-door garments may be removed. The great rule is, cool off very slowly always after the body has in any manner been heated beyond its ordinary temperature.

HEALTH TRACT, No. 37.

(From Hall's Journal of Health, New-York.)

PRECAUTIONS.

1. NEVER sleep in a room where there is any green paper on the walls, as this color is made of arsenic or lead; the former is by far the most dangerous, being scheeles green, and is known positively by a drop of muriatic acid on the green leaving it white.
2. White-glazed visiting-cards contain sugar of lead, and will poison a child who is tempted to chew them from the slight sweetish taste.
3. Green glazed cards used for concert-tickets, are still more poisonous; a single one of them contains a grain and a half of arsenic, enough to kill a child.
4. Never put a pin in the mouth or between the teeth, for a single instant, because a sudden effort to laugh or speak, may convey it into the throat, or lungs, or stomach, causing death in a few minutes, or requiring the windpipe to be cut open to get it out; if it has passed into the stomach, it may, as it has done, cause years of suffering, ceasing only when it has made its way out of the body through the walls of the abdomen or other portion of the system.
5. It is best to have no button or string about any garment worn during the night. A long, loose night-gown is the best thing to sleep in. Many a man has facilitated an attack of apoplexy by buttoning his shirt-collar.
6. If you wake up of a cold night, and find yourself very restless, get out of bed, and standing on a piece of carpet or cloth of any kind, spend five or ten minutes in rubbing the whole body vigorously and rapidly with the hands, having previously thrown the bed clothing towards the foot of the bed so as to air both bed and body.
7. If you find that you have inadvertently eaten too much, instead of taking something to settle the stomach, thus adding to the load under which it already labors, take a continuous walk with just enough activity to keep up a very slight moisture or perspiration on the skin, and do not stop until entirely relieved, but end your exercise in a warm room, so as to cool off very slowly.
8. Never put on a pair of new boots or shoes on a journey, especially on a visit to the city; rather wear your easiest, oldest pair, otherwise you will soon be painfully disabled.
9. A loosely-fitting boot or shoe, while traveling in winter, will keep the feet warmer, without any stockings at all, than a tight pair, over the thickest, warmest hose.
10. Riding against a cold wind, immediately after singing or speaking in public, is suicide.
11. Many public speakers have been disabled for life by speaking under a hoarseness of voice.
12. If you happen to get wet in cold weather, keep moving on foot with a rapidity sufficient to keep off a feeling of chilliness until you get into a house, and not waiting to undress, drink instantly and plentifully of hot tea of some sort; then undress, wipe dry quickly, and put on warm, dry clothing.
13. Never go to bed with cold feet, if you want to sleep well.
14. If a person faints, place him instantly flat on a bed, or floor, or earth, on his back, and quietly let him alone at least for ten minutes; if it is simply a fainting-fit, the blood, flowing on a level will more speedily equalize itself throughout the system; cold water dashed in the face, or a sitting position are unnecessary and pernicious.
15. Never blow your nose, nor spit the product of a cough, nor throw a fruit-peel on the sidewalk.

HEALTH TRACT, No. 38.

(From *Hall's Journal of Health*, \$1 a year, New-York.)

HEALTHFUL OBSERVANCES.

1. To eat when you do not feel like it is brutal, nay, this a slander on the lower animals, they do not so debase themselves.

2. Do not enter a sick-chamber on an empty stomach, nor remain as a watcher or nurse until you feel almost exhausted, nor sit between the patient and the fire, nor in the direction of a current of air from the patient toward yourself, nor eat or drink any thing after being in a sick-room until you have rinsed your mouth thoroughly.

3. Do not sleep in any garment worn during the day.

4. Most grown persons are unable to sleep soundly and refreshingly, over seven hours in summer, and eight in winter; the attempt to force more sleep on the system by a nap in the daytime, or a "second nap" in the morning, renders the whole of the sleep disturbed and imperfect.

5. Some of the most painful "stomach aches" are occasioned by indigestion, this generates wind, and hence distension. It is often promptly remedied by kneading the abdomen with the ball of the hand, skin to skin, from one side to another, from the lower edge of the ribs downwards, because the accumulated air is forced on and outwards along the alimentary canal.

6. When you return to your house from a long walk or other exhaustive exercise, go to the fire or warm room, and do not remove a single article of clothing until you have taken a cup or more of some kind of hot drink.

7. In going into a colder atmosphere, keep the mouth closed, and walk with a rapidity sufficient to keep off a feeling of chilliness.

8. Two pair of thin stockings will keep the feet warmer than one pair of a greater thickness than both.

9. The "night sweats" of disease come on towards daylight, their deathly clamminess and coldness is greatly modified by sleeping in a single, loose, long woolen shirt.

10. The man or woman who drinks a cup of strong tea or coffee, or other stimulant, in order to aid in the better performance of any work or duty, public or private, is a fool, because it is to the body and brain an expenditure of what is not yet got; it is using power in advance, and this can never be done, even once, with impunity.

11. The less a man drinks of any thing in hot weather the better, for the more we drink the more we want to drink, until even ice-water palls and becomes of a metallic taste; hence the longer you can put off drinking cold water on the morning of a hot day, the better will you feel at night.

12. Drinking largely at meals, even of cold water or simple teas, is a mere habit and is always hurtful. No one should drink at any one meal more than a quarter of a pint of any liquid, even of cold water, for it always retards, impairs, and interferes with a healthful digestion.

13. If you sleep at all in the daytime, it will interfere with the soundness of your sleep at night much less, if the nap be taken in the forenoon.

14. A short nap in the daytime may be necessary to some. Let it not exceed ten minutes, to this end sleep with the forehead resting on a chair-back or edge of the table.

15. Never swallow an atom of food while in a passion, or if under any great mental excitement, whether of a depressing or elevating character; brutes won't do it.

HEALTH TRACT, NO. 39.

(From Hall's Journal of Health, \$1 a Year, New-York.)

PRESENCE OF MIND.

1. If a man faints, place him flat on his back and let him alone.
2. If any poison is swallowed, drink instantly half a glass of cool water with a heaping teaspoonful each of common salt and ground mustard stirred into it; this vomits as soon as it reaches the stomach; but for fear some of the poison may still remain, swallow the white of one or two raw eggs or drink a cup of strong coffee, these two being antidotes for a greater number of poisons than any dozen other articles known, with the advantage of their being always at hand; if not, a half-pint of sweet-oil, or lamp-oil, or "drippings," or melted butter or lard are good substitutes, especially if they vomit quickly.
3. The best thing to stop the bleeding of a moderate cut instantly, is to cover it profusely with cob-web, or flour and salt, half-and-half.
4. If the blood comes from a wound by jets or spirts, be spry, or the man will be dead in a few minutes, because an artery is severed; tie a handkerchief loosely around near the part *between the wound and the heart!!* put a stick between the handkerchief and the skin, twist it round until the blood ceases to flow, and keep it there until the doctor comes; if in a position where the handkerchief can not be used, press the thumb on a spot near the wound, *between the wound and the heart*; increase the pressure until the bleeding ceases, but do not lessen that pressure for an instant, until the physician arrives, so as to glue up the wound by the coagulation or hardening of the cooling blood.
5. If your clothing takes fire, slide the hands down the dress, keeping them as close to the body as possible, at the same time sinking to the floor by bending the knees; this has a smothering effect on the flames; if not extinguished, or a great headway is gotten, lie down on the floor, roll over and over, or better, envelop yourself in a carpet, rug, bed-cloth, or any garment you can get hold of, always preferring woolen.
6. If a man asks you to go his security, say, "No," and run; otherwise you may be enslaved for life, or your wife and children may spend a weary existence, in want, sickness, and beggary.
7. If you find yourself in possession of a counterfeit note or coin, throw it in the fire on the instant; otherwise you may be tempted to pass it, and may pass it, to feel mean therefor, as long as you live, then it may pass into some man's hands as mean as yourself, with a new perpetration of iniquity, the loss to fall eventually on some poor struggling widow, whose "all" it may be.
8. Never laugh at the mishaps of any fellow mortal.
9. The very instant you perceive yourself in a passion shut your mouth; this is one among the best precepts outside of inspiration.
10. The man who always exacts the last cent, is always a mean man; there is no "evacuant" in all the "Materia Medica" efficient enough to "purge" him of his debasement; he is beyond druggery.
11. Never affect to be "plain" or "blunt;" these are the synonyms of brutality and boorishness; such persons are constantly inflicting wounds which neither time nor medicine can ever heal.
12. Never be witty at another's expense; true generosity never dwelt in such a heart; it only wants the opportunity to become a cheat or a rogue.
13. If the body is tired, rest; if the brain is tired, sleep.
14. If the bowels are loose, lie down in a warm bed, remain there, and eat nothing until you are well.
15. If an action of the bowels does not occur at the usual hour, eat not an atom until they do act, at least for thirty-six hours; meanwhile drink largely of cold water or hot teas, and exercise in the open air to the extent of a gentle perspiration, and keep this up until things are righted; this one suggestion, if practiced, would save myriads of lives every year, both in city and country.
16. The three best medicines in the world are warmth, abstinence, and repose.

HEALTH TRACT, No. 40.

From HALL'S JOURNAL OF HEALTH, \$1 a year, New-York.

WHAT TO EAT, AND WHEN.

WHEN a piece of land is exhausted of the element which is the principal ingredient of a certain crop, that ingredient must be supplied, or the crop will fail in quantity and in quality; hence the thrifty farmer ascertains the wants of the soil, and supplies it with the needed manure every year. The human body is exhausted of its elements day by day, and day by day must these elements be supplied by what we eat and drink; but the required proportion of these elements changes with the seasons, with the temperature of the weather, and he who eats the same in quantity and quality in July as at Christmas, will die in a month, because the adult eats for two reasons—to warm and to nourish. All food contains two chief principles: Carbon, to keep from freezing; Nitrogen, to keep from famishing. The proportion of these elements varies with the food. Those who work a great deal, require a great deal of nourishment, of nitrogen, for it is the flesh-forming principle. Those who are exposed a great deal to the cold should eat the carbonaceous, the heat-supplying food. Butter and fat are three fourths carbon; vegetables have but little, berries none. Hence Greenlanders in their icy homes luxuriate in blubber and whale-oil, while the people of the sunny South revel in oranges and bananas, on the plantain and the peach, on dates and figs, on lemons, tamarinds, pine-apples, etc. We who live in latitudes between, are permitted the diet of the Polar Sea and the tropics, in their season. A wise man will take but little carbonaceous food on a suddenly hot day; but if suddenly cold, it is best for him to eat more of fuel-making food. An infinite number of fevers and of colds would be avoided if timely attention were paid to these things. By the aid of these statements, the following tables may be used to great advantage, showing the amount of carbon, or heat-forming principle, in several articles of food. There is not one per cent of nitrogen, or flesh-forming principle, in fruits, berries, and the more common vegetables. Meats have about fifteen per cent. The meats average twenty-five per cent of nutriment, that is, including both carbon and nitrogen. Of all meats, mutton is the most nutritious—thirty per cent; fish least, twenty per cent. Of all vegetables, white beans are the most nutritious, ninety-five per cent; wheat-flour, ninety per cent; turnips, the least, five per cent. Of fruits, plums are the most nutritious, thirty per cent; apples, seventeen; melons and cucumbers, three, the rest being mere water and waste. The more waste, the more open the bowels are.

Percentage of Carbon.		Percentage of Carbon.		Percentage of Carbon.	
Apricots,.....	0	Potatoes,.....	11	Wheat Bread,.....	40
Berries,.....	0	Lean Meat,.....	13	Sugar,.....	42
Cherries,.....	0	Rye Bread,.....	31	Apples,.....	45
Currants,.....	0	Gum Arabic,.....	36	Meats, Fat,.....	53
Turnips,.....	3	Arrow-Root,.....	36	Butter,.....	65
Artichokes,.....	9	Green Peas,.....	36	Soup,.....	75
Blood,.....	10	Starch,.....	37	Lard,.....	80
Milk,.....	10	Lentils,.....	37	Beans,.....	88

HEALTH TRACT, No. 41.

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SICK HEAD-ACHE

Is sickness at stomach, a tendency to vomit, combined with pain in some part of the head, generally the left side. It is caused by there being too much bile in the system, from the fact that this bile is manufactured too rapidly, or is not worked out of the system fast enough by steady, active exercise. Hence sedentary persons, those who do not walk about a great deal, but are seated in the house nearly all the time, are almost exclusively the victims of this distressing malady. It usually begins soon after waking up in the morning, and lasts a day or two or more. There are many causes; the most frequent is, derangement of the stomach by late and hearty suppers; by eating too soon after a regular meal, (five hours should, at least, intervene;) eating without an appetite; forcing food; eating after one is conscious of having had enough; eating too much of any favorite dish; eating something which the stomach can not digest, or sour stomach. Any of these things may induce sick head-ache; all of them can be avoided. Over-fatigue or great mental emotion of any kind, or severe mental application, have brought on sick head-ache, of the most distressing character, in an hour; it is caused by indulgence in spirituous liquors. When a person has sick head-ache, there is no appetite; the very sight of food is hateful; the tongue is furred; the feet and hands are cold, and there is a feeling of universal discomfort, with an utter indisposition to do any thing whatever. A glass of warm water, into which has been rapidly stirred a heaping tea-spoon each of salt and kitchen mustard, by causing instantaneous vomiting, empties the stomach of the bile or undigested sour food, and a grateful relief is often experienced on the spot; and rest, with a few hours of sound, refreshing sleep, completes the cure, especially if the principal part of the next day or two is spent in mental diversion and out-door activities, not eating an atom of food (but drinking freely of cold water or hot teas) until you feel as if a piece of plain, cold bread and butter would "taste really good." Nine times in ten the cause of sick head-ache is in the fact, that the stomach was not able to digest the food last introduced into it, either from its having been unsuitable, or excessive in quantity. When the stomach is weak, a spoonful of the mildest, blandest food would cause an attack of sick head-ache, when ten times the amount might have been taken in health, not only with impunity but with positive advantage.

Those who are "subject to sick head-ache" eat too much and exercise too little, and have cold feet and constipation. (See Health Tracts Nos. 21 and 22.) A diet of cold bread and butter, and ripe fruits or berries, with moderate continuous exercise in the open air, sufficient to keep up a very gentle perspiration, would, of themselves, cure almost every case within thirty-six hours. Two teaspoonfuls of pulverized charcoal, stirred in half a glass of water, and drank, generally gives instant relief.

HEALTH TRACT, No. 42.

From Hall's Journal of Health, 42 Irving Place, New-York, \$1 a year.

HEALTH'S THREE ESSENTIALS.

All who are now in health can keep well, and three out of four of those suffering from the common transient ailments of life can be perfectly cured by giving a steady, judicious attention to the three following rules :

RULE FIRST.

Never eat between meals, nor take any thing for supper but a single piece of cold bread and butter, and a glass of water, or one cup of any kind of hot drink.

RULE SECOND.

Secure one regular, free, and full daily action of the bowels every morning after breakfast, by the use of your ordinary food ; (see Health Tract No. 22;) and to this end, do not leave your home under any pretense, for a single moment, until there is an inclination to stool ; then, as you value a long and healthful life, do not defer the call for a single second of time, for any thing short of a fire or a fit ; rather cherish the inclination. If it does not come within half-an-hour of the regular time, solicit nature. If unsuccessful, do not eat an atom of any thing until the passage is secured, or at least until next morning. Meanwhile, drink as much cold water, or hot tea, as you desire, and keep exercising (tenfold better if in the open air) to the extent of sustaining a scarcely perceptible perspiration for the greater part of the day ; for it must strike you, that if food is steadily passed into the mouth, and there is no corresponding outlet, harm is absolutely inevitable. If, during the second day, the bowels do not move, call in a regularly educated physician.

RULE THIRD.

Cool off very slowly after all forms of exercise ; the neglect of this lights up the fires of three fourths of all the diseases which afflict humanity. Cool off slowly by putting on more clothing than while exercising, instead of laying aside some, even a hat or a bonnet ; go to a closed room rather than sit or stand out of doors ; sit by a good fire rather than an open window ; at all events keep in motion in such a way as to allow the perspiration, or any extra warmth, to disappear very gradually indeed.

If a fourth rule were added, it should be to keep one end of the body, the feet, always dry and warm, (see Health Tract No. 21,) and the other, the head, cool and clean, by spending two minutes in midwinter, and five or more in midsummer, in washing, with ordinary cold water, the scalp, if the hair is short, the ears, neck, throat, arm-pits, upper part of chest and arms ; rub dry briskly, dress quickly, and go to breakfast.

These same observances (the first three) will incalculably mitigate every disease to which mortal man is subject—will moderate every pain, and will soothe every sigh ; and a pity is it beyond expression, that every human creature does not know and habitually practice them.

HEALTH TRACT, No. 43.

From HALL'S JOURNAL OF HEALTH, \$1 a year, New-York.

PREMONITIONS.

AN incalculable amount of sickness, suffering, and premature death would be avoided every year, if we could be induced to heed the warnings, the premonitions, which kindly nature gives of the coming on of the great enemy, disease. Many a mother especially, has lost a darling child, to her life-long sorrow, by failing to observe the approach of disease, in some unusual act or circumstance connected with her offspring.

1. If an adult or child wakes up thirsty in the morning, however apparently well at the moment, or the preceding evening, there will be illness before noon always, infallibly. It is generally averted by remaining warm in bed, in a cool, well-ventilated room, eating nothing, but drinking plentifully of some hot tea all day; some little may be eaten in the afternoon by a child. But as long as a person wakes with thirst in the morning, there is an absence of health—there is fever.

2. If, when not habitual to him, one is waked up early in the morning by an inclination to stool, especially if there is a feeling of debility afterwards, it is the premonition of diarrhea, summer complaint, dysentery, or cholera. There should be perfect quietude, etc., as above; in addition, a piece of warm, thick, woolen flannel should be wrapped tightly around the abdomen, (belly;) the drink should be boiled milk; or far better, eat pieces of ice all the time, and thus keep the thirst perfectly subdued; eat nothing but boiled rice, corn starch, sago, or tapioca, and continue all these until the tiredness and thirst are gone, the strength returned, and the bowels have been quiet for twelve hours, returning slowly to the usual activities and diet.

3. If a child is silent, or hangs around its mother to lay its head on her lap, or is most unusually fretful, or takes no interest in its former amusements, except for a fitful moment at a time, it is certainly sick, and not slightly so. Send at once for a physician, for you can't tell where or in what form the malady will break out; and in children especially, you can never tell where any particular ailment will end.

4. When there is little or no appetite for breakfast, the contrary having been the case, the child is sick, and should be put to bed, drinking nothing but warm teas, eating not an atom until noon, then act according to developments.

5. If a child manifests a most unusual heartiness for supper, for several nights in succession, it will certainly be sick within a week, unless controlled.

6. If there is an instantaneous sensation of sickness at stomach, during a meal, eat not a particle more; if just before a meal, omit it; if after a meal, go out of doors, and keep out in active exercise for several hours, and omit the next meal, for all these things indicate an excess of blood or bile, and exercise should be taken to work it off, and abstinence, to cut off an additional supply, until the healthful equilibrium is restored.

7. A kind of glimmer before the eyes, making reading or sewing an effort, however well you may feel, will certainly be followed by head-ache or other discomfort, for there is too much blood, or it is impure; exercise it off in the open air, and omit a meal or two.

8. If you are not called to stool at the accustomed hour, (except when traveling, then let things take care of themselves—do nothing,) eat not an atom until it is done, for loss of appetite, or nausea, or loose bowels, or biliousness, is certainly impending. Exercise freely out of doors, and drink cold water or hot teas to the fullest desired extent.

9. If there is a most unnatural indisposition to exertion, you need rest, quiet, and abstinence; exercise in weariness never does any good, always harm. But if causelessly despondent, or there is a general feeling of discomfort, the blood is bad, warm the feet, unload the bowels, eat nothing for twelve hours, and be out of doors all day.

10. If, without any known cause, or special pain, you are exceedingly restless, can not sleep, or if you do, it is dreamy, disturbed, or distressing, you have eaten too much, or are on the verge of some illness. Take nothing next day but hot drinks and toasted bread, and a plenty of out-door exercise. In all these cases, a thorough washing with soap and hot water, and vigorous bodily friction, greatly expedite restoration.

NEURALGIA,

From two Greek words, *Neuros*, nerve, and *Algos*, pain; means nerve-pain; but as there is no pain except in connection with the nerves, every pain or ache in the body is really "neuralgia." Ailments are generally named from the part affected, or the nature of the malady. "Head-ache," because the pain is in the head. "Pleuritis," or pleurisy, because there is inflammation, too much arterial blood in the *pleura*, or covering of the lungs. Neuralgia is always caused by bad blood; bad, because too poor or too much of it; too poor, because there is not exercise and pure air enough to secure a good digestion, and the person is thin and pale; too much blood, because there is too much eating, and the bowels not acting every day, more is taken into the system than passes from it, and it is too full. The person may be fleshy enough, and does not appear sick at all. For a week, live on cold bread and butter, fruits, and cold water. Take an enema of a pint or more of tepid water daily, and spend the whole of daylight in active exercise in the open air, and the neuralgia will be gone in three cases out of four—the feet being kept warm, and the whole body most perfectly clean. There are two kinds of neuralgia, sharp and dull; both caused by there being too much blood in or about the nerve. Perhaps arterial blood gives the sharp, venous blood the dull or heavy pain. In either case, the pain is of all forms of intensity, from simple discomfort to an agony almost unendurable. In the more fleshy parts, the pain is less severe, since the soft flesh yields before the distending nerve; distended by more and more blood getting into it, until it is occasionally three times its usual size; but when the nerve is in a tooth, or between two bones, or passes through a small hole in the bone, as in the face, or "facial neuralgia," which is neuralgia proper, or the *Tic Douloureux* of the French, the suffering is fearful, because there is no room for distension, and every instant, the heart, by its beating, plugs more blood into the invisible blood-vessels of the nerves. But in any such case, open a blood-vessel in the arm or elsewhere, until the person is on the very point of fainting, and the most excruciating neuralgia is gone in an instant, because the heart ceases to send on blood, and the blood already in a part, as naturally, flows out of it, as water naturally flows out of an uncorked bottle, on its side. Hence, a skin kept clean by judicious washings and frictions, helps, by its open pores, to unload the system of its surplus; the bowels kept free by fruits, berries, coarse bread, and cold water, is another source of deliverance of excess. While these articles of food supply but a moderate amount of nourishment, in addition, active exercise still more rapidly works off the surplusage of the system, and the man is well; not as soon as by the bleeding, but by a process more effective, more certain, more enduring, and without harm or danger. Hence, there is no form of mere neuralgia, which is not safely and permanently cured in a reasonable time by strict personal cleanliness, by cooling, loosening food, as named, and by breathing a pure air in resting in our chambers at night, and in moderate labor out of doors during the hours of daylight. Those who prefer uncertain physic or stimulants to these more natural remedies, are unwise, and ought to have neuralgia—a little. Half a dram (or half a tea-spoonful or thirty drops) of sal ammoniac, in one ounce (or two table-spoonfuls) of camphor-water. Dose: one tea-spoonful every five minutes until relieved, or from one to three tea-spoonfuls of valeriate of ammonia thrice a day, are valuable temporary remedies.

HEALTH TRACT, No. 45.

From "SLEEP," by Dr. W. W. Hall, 42 Irving Place, New-York. \$1.25.

PRIVATE THINGS.

IF the urine is retained too long, the bladder becomes heated and inflamed, and loses its power; the inflammation then becomes more and more intense, and death takes place in two or three days. Hence, children should be taught to urinate the last thing before going to bed at night, and before leaving home for several hours, or going on a journey. The modesty of persons riding in stages has repeatedly resulted in death in this connection. As persons grow older, the call to urinate becomes more and more frequent. As early as fifty, it is necessary to arise several times during the night for that purpose; hence a vessel in the chamber of a guest is as indispensable as bed-clothing. The warmer the weather, the less the urine, and the more high colored, because so much of the water of the system escapes by perspiration through the pores of the skin; hence, they who labor most, urinate less than the sedentary. The color and quantity of urine depend so much on the greater or less amount of exercise, on the relative amount of food and drink, the quantity and quality of the latter, and the temperature of the weather, that none but a physician should draw conclusions therefrom as to the state of the health. Hence, do not inspect the urine; and make it an imperative rule to give instant attention to a call. In males, attempts to urinate when the parts are turgid from any cause, rupture or stricture may result—a life-long calamity.

STOOLING.

Every moment an even slight inclination to stool is resisted, the more watery particles begin to be absorbed into the blood again—a most filthy idea; and going on, that which is left behind becomes so dry and hard that it is impossible to void it, and the physician has to be called to spade it out with the handle of a spoon. The world-renowned surgeon, Dr. Valentine Mott, reports on one occasion having taken out eleven pounds from one individual. Costiveness is induced by deferring a call to stool to-day; to-morrow it comes later and later, until it occurs only two or three times a week. By this time health is impaired, piles are induced, falling of the bowels comes apace, so that whenever a passage occurs the pain is so insufferable, that it is necessary to lie down for several hours; or fistula or anal-fissures form, by which the excrements can not be controlled, and come away incessantly—a deplorable and disgusting condition!

Anal-fissure may be represented by cutting the rim of a purse, when the contents fall out of their own weight, often caused by straining too much, or remaining too long at stool, (five minutes are enough,) or by straining too suddenly when in a hurry. If a person finds, while on the privy-seat, that the excrements have begun to come, but there is reason to think that they are large and hard, it is infinitely best to introduce the finger carefully and take it out; there is nothing else you can do; a knife or stick would endanger wounding, while to strain on, would end in fissure.

The most consummate fools in nature are those who indulge outside of honorable wedlock, for lost self-respect and a blighted conscience to the end of life are inevitable results, while character is degraded, and in every case, even from a single fault, there is most imminent risk of a loathsome disease, which carries its baleful and degrading effects to generations yet unborn. The reflection is terrible. Self-indulgence brings on horrible bodily ailments, and destruction of the mind itself. See prevention and remedy in book above.

HEALTH TRACT, No. 46.

From Hall's Journal of Health, 42 Irving Place, New-York. \$1 a year.

COFFEE-DRINKING.

How strong should coffee be taken? is an inquiry of much practical importance. How much should be taken at a meal? is scarcely of less moment. Coffee, like any other beverage, may wholly ruin the health; the very use of it tends to this ruin, as certainly as does the use of wine, cider, beer, or any other unnatural, stimulating drink. There is only one safe plan of using coffee, and that is, never, under any circumstances, except of an extraordinary character, exceed in quantity, frequency, or strength; take only one cup at the regular meal, and of a given, unvarying strength. In this way it may be used every day for a lifetime, not only without injury but with greater advantage than an equal amount of cold water, and for the simple reason that nothing cold should be drank at a regular meal, except by persons in vigorous health.

One pound of the bean should make sixty cups of the very best coffee. If a man takes coffee for breakfast only, one pound should last him two months, or six pounds a year.

One pound of coffee should be made to last a family of ten persons, young and old, one week. Put about two ounces of ground coffee in a quart of water, or rather divide the pound into seven portions, one for each breakfast in the week, and make a quart of coffee out of it, which will be sixty-four table-spoons. Give the youngest one table-spoonful and the oldest a dozen; the remainder of the one cup being filled up with boiled milk. This will give a cup of coffee sufficiently strong for all healthful purposes, for the respective ages; and for various reasons, pecuniary as well as physical, some such systematic plan as this should be adopted in every family in the land. How to make the cup of good coffee? is a third question. It is perhaps as good and as easy a plan as any to buy the coffee in the grain, pick out those that are imperfect, wash it, parch as much as will last a day or two, with your eye upon it all the time until it is of a rich brown, with no approach of black about it. Grind only enough for the day's use; grind it fine, for the greater the surface exposed to the hot water the more of the essence you will have; pour the boiling water on the coffee, close it up, boil it ten minutes, let it stand to clear ten minutes. Better still, pound it equally fine in a mortar with a wooden pestle.

HEALTH TRACT, No. 47.

From Hall's Journal of Health, 42 Irving Place, New-York. \$1 a year.

THE THREE P'S.

PROMPTITUDE, PERSEVERANCE, AND PAINSTAKING.

At the close of the last century, a poor, awkward, uncouth boy entered London, but he was so long, lank, and ungainly, that he seemed fit only to be the drudge of a printing-office; run errands, bring water, sweep the floor, and the like. Already had poverty and the hardness of the world made him sour, un-hopeful, and despondent. Under less discouragements, many a youth has abandoned himself to an aimless life, having no higher aim than to live but for the day; or, worse still, has plunged headlong into all the extravagances and indulgences connected with thriftlessness and crime. But the boy had vigorous health; this imparted to him a mental vim, a moral power, which soon showed itself to his employer. He was prompt, persevering, and painstaking; and with these three qualities, in spite of the fact that he was good at nothing, in every thing tolerable only, he made his patient way, step by step, to the woolsack of England, and lately died, (worth a million of dollars,) among the most honored men of his nation and age—Lord Chief-Justice Campbell. In this case, vigorous health was a mine of wealth; a better fortune than if he had been the heir of many thousands. And certain is it, that the world would be a happier world, and the men in it would be happier, better, and greater, if one tithe of the time, and care, and study which parents bestow on the accumulation of money to leave to their children, were devoted to the physical education and training necessary to secure a vigorous constitution. Of any two young men starting on the race of life, one poor but healthy, the other rich and effeminate, other things being equal, the chances for usefulness, honor, and a well-remembered name, are manifold in favor of the former. Who that reads this article will lay it down and resolve: "I will do more to leave to my children a vigorous constitution?"

Another element in the success of Lord Chief-Justice Campbell was, that his employer seeing his dull nature, but noticing at the same time that when he had any thing to do, he went at it promptly, and with great painstaking kept at it until the work in hand was done, although done painfully slow, he patted him on the shoulder, always spoke cheerfully to him, and thus stimulated him to greater activities. How many a youth at school, how many an apprentice in the shop, how many a child in the family, has gone out in the night of a blighted life, who, with humane encouragements, might have lived usefully and died famous, let the passionate teacher and master and parent inquire, and do a little more patting on the shoulder.

HEALTH TRACT, No. 48.

From Hall's Journal of Health, 42 Irving Place, New-York. \$1 a year.

A WARNING!!!

To Parents, Guardians, and Youth.

HUNDREDS of thousands of dollars have been made out of boys from fourteen to twenty, and bachelors, by the authors of books on physiology, with plates to stimulate prurient curiosity to an ungovernable pitch. Hundreds of thousands of these publications are sold and given away. Scarcely any youth can read one of them without imbibing the impression that he is the victim of certain things, which unless promptly corrected will soon and surely lead to results of the most appalling character. We are in the frequent receipt of letters from mere boys, who have spent from five to five hundred dollars, without having derived a "particle of benefit from the treatment," and in terms of the most abject self-abasement and almost utter hopelessness, inquiring if it is too late for them to be saved. Letters come in from all parts of the country, inquiring if we know any thing of this, that, and the other one who has written such a book, or of some "company," "association," or "society," with benevolent names, whose advertisements are found in village newspapers all over the land. Some of our exchanges have them, which would not insert them at any price, if their true nature were known. It may save us the trouble of answering divers letters, and the cost of divers postage-stamps, envelopes, and sheets of paper, to state, that this subject is connected with the hours of sleep, and sixty pages are devoted to its consideration, and its only safe remedy, costing nothing but the exercise of a vigorous will, in the observance of certain specified habits and modes of life, in our book entitled "SLEEP," \$1.25, or sent post-paid for \$1.37. In very many cases the fears and imaginations of youth are so wrought upon that they are led to steal the money requisite to fee the harpies who wrote the books. We know an individual who in a very few years has laid up a hundred and twenty-one thousand dollars in this connection. The main portion of our book, however, is devoted to sleep proper; the importance of sleeping soundly, in a pure atmosphere, and how to do it; the advantage to old and young of sleeping alone, on single beds in large rooms; the injury to a family's thrift and happiness resulting from the mother having her rest broken by infant children, and how to remedy it, healthfully and happily, for all parties. We wish we were able to give one of these books on "SLEEP" to every family in the nation, and place it on the shelf of all the libraries in Christendom, for certain are we that humanity would be happier thereby, and years would be added to the average of life, if the suggestions were carried out as to

1st. Securing sound, connected, and refreshing sleep every night.

2d. As to the best means of ventilating a sleeping-room, in which full one third of our entire existence is passed.

HEALTH TRACT, No. 49.

From Hall's Journal of Health, 42 Irving Place, New-York. \$1 a year.

HYDROPHOBIA.

EMINENT Europeans have said that as many persons die of hydrophobia in winter as in summer. Persons frequently become hydrophobic after having been bitten by dogs and other animals, supposed to have been perfectly sound and well. In many cases the animal is killed instantly on having bitten a person, which person sometimes became hydrophobic, and sometimes not; sometimes within a month, at others not until two years have passed away. See JOURNAL OF HEALTH for July, 1857, where a man had been bitten by a dog nine months before, and had forgotten all about it, until reminded of it accidentally on Tuesday, May 26: on Friday following he died in horrible agonies from hydrophobia. From these statements important practical inferences should be drawn: First, never allude to hydrophobia in the presence of one who has been bitten by a dog; second, if bitten by any dog, at any season of the year, under any circumstances, whether the skin be penetrated or imperceptibly grazed by the animal's tooth, let the part be cupped, or sucked an hour by one or a succession of persons, who are most perfectly certain that there is not the slightest sore or abrasion any where about the lips or tongue. Meanwhile, administer an enema, wash the parts freely in spirits of hartshorn every half-hour for three hours, and then every hour for the remainder of the day, putting fresh hartshorn in a clean saucer on each occasion; if any thing at all is eaten, let it be of the lightest, simplest kind. The object of the hartshorn, which is the strongest alkali, is to neutralize the poison, which, like almost, if not all, bites, is acid. One of the objects in eating but little, is not to use the strength of the system in digesting the food, but rather let it be employed in repelling diseased influences. In the mean time, send for a physician. Rabid saliva has no effect whatever on *unbroken* skin. Mad dogs have perfectly lucid intervals. The great John Hunter knew twenty-one persons bitten, and only one became hydrophobic. Wasp and bee stings are generally innocuous, but occasionally are fatal in a few days, showing that some persons are insusceptible of the poison. Common-sense dictates an instant determination whether the dog is mad; if so, one or more of the following symptoms are exhibited in a very exaggerated degree: fidgety; sullen; importunately affectionate; hallucinated; ardently thirsty; scratches his ear violently; paws the corners of his mouth, *without* its being permanently open; misconducts himself, and partially recovering, licks the corners; refuses his natural food; appetite is depraved; is insensible to pain; voice always strangely altered. If the dog is actually mad, or it can not be decided with satisfactory certainty, it is almost a madness *not* to cauterize the part instantly with a white-hot iron, as this hurts less than if only red-hot, and is the only infallible remedy. Mad stones, whisky, ash-leaf infusions, drank most freely, have all often failed, proving that when their use was not followed by hydrophobia it was because the dog was only thought to be mad, or the system at the time was insusceptible to the poison, or the skin was unbroken. Madness begins in from two to twelve weeks, averaging from four to seven, rarely later than eight weeks.

HEALTH TRACT, No. 50.

From Hall's Journal of Health, 42 Irving Place, New-York. \$1 a year.

RHEUMATISM

AFFECTS the joints, the hinges of the body, in such a way, that the slightest motion of the ailing part gives pain. A creaking hinge is dry, and turns hard. A single drop of oil to moisten it makes a wonderful change, and it instantly moves on itself with the utmost facility. Rheumatism is an inflammation of the surface of the joints. Inflammation is heat; this heat dries these surfaces; hence, the very slightest effort at motion gives piercing pain. In a healthy condition of the parts, nature is constantly throwing out a lubricating oil, which keeps the joints in a perfectly smooth and easy-working condition. Rheumatism is almost always caused—indeed, it may be nearer the truth to say, that it is always the result of a cold dampness. A dry cold, or a warm dampness, does not induce rheumatism. A garment, wetted by perspiration or rain, or water in any other form, about a joint, and allowed to dry while the person is in a state of rest, is the most common way of causing rheumatism. A partial wetting of a garment is more apt to induce an attack than if the entire clothing were wetted; because, in the latter case, it would be certainly and speedily exchanged for dry garments. The very moment a garment is wetted in whole or in part, change it, or keep in motion sufficient to maintain a very slight perspiration, until the clothing is perfectly dried.

The failure to wear woollen flannel next the skin, is the most frequent cause of rheumatism; for a common muslin or linen or silk shirt of a person in a perspiration, becomes damp and cold the instant a puff of air strikes it, even in mid-summer. This is not the case when woollen flannel is worn next the skin.

This troublesome affection is cured by keeping the joint affected wound around with several folds of woollen flannel; second, live entirely on the lightest kind of food, such as coarse breads, ripe fruits, berries, boiled turnips, stewed apples, and the like. If such things were eaten to the extent of keeping the system freely open, and exercise were taken, so that a slight moisture should be on the surface of the skin all the time; or if, in bed, the same thing were accomplished by hot teas and plentiful bed-clothing, a grateful relief and an ultimate cure will very certainly result in a reasonably short time. Without these, the disease will continue to torture for weeks and months and years.

Inflammatory rheumatism may, for all practical purposes, be regarded as an aggravated form of the common kind, extended to all the joints of the body, instead of implicating only one or two. For all kinds, time, flannel, warmth, with a light and cooling diet, are the great remedies, drinking abundantly of the infusion of leaves of the ash-tree, *fraxinus polygamia*, as in gout or neuralgia.

AIR, SUNSHINE AND HEALTH.

A NEW-YORK merchant noticed, in the progress of years, that each successive book-keeper gradually lost his health, and finally died of consumption, however vigorous and robust he was on entering his service. At length it occurred to him that the little rear-room where the books were kept opened in a back-yard, so surrounded by high walls, that no sunshine came into it from one year's end to another. An upper room, well lighted, was immediately prepared, and his clerks had uniform good health ever after.

A familiar case to general readers is derived from medical works, where an entire English family became ill, and all remedies seemed to fail of their usual results, when accidentally a window-glass of the family-room was broken, in cold weather. It was not repaired, and forthwith there was a marked improvement in the health of the inmates. The physician at once traced the connection, discontinued his medicines, and ordered that the window-pane should not be replaced.

A French lady became ill. The most eminent physicians of her time were called in, but failed to restore her. At length Dupeyren, the Napoleon of physic, was consulted. He noticed that she lived in a dim room, into which the sun never shone; the house being situated in one of the narrow streets, or rather lanes of Paris. He at once ordered more airy and cheerful apartments, and "all her complaints vanished."

The lungs of a dog become tuberculated (consumptive) in a few weeks, if kept confined in a dark cellar. The most common plant grows spindly, pale, and scraggling, if no sunlight falls upon it. The greatest medical names in France, of the last century, regarded sunshine and pure air as equal agents in restoring and maintaining health.

From these facts, which can not be disputed, the most common mind should conclude that cellars, and rooms on the northern side of buildings, or apartments into which the sun does not immediately shine, should never be occupied as family-rooms or chambers or as libraries or "studies." Such apartments are only fit for "stowage," or purposes which never require persons to remain in them over a few minutes at a time. And every intelligent and humane parent will arrange that the family-room and the chambers shall be the most commodious, lightest and brightest apartments in his dwelling.

This whole subject is treated at length in the book on "SLEEP," by Dr. W. W. Hall, 42 Irving Place, New-York. \$1.25, or, post-paid, \$1.37.

HEALTH TRACT, No. 52.

From Hall's Journal of Health, 42 Irving Place. \$1 a year.

CATARRH

Is a name given by the Greeks to ailments which throw off fluids in unnatural quantities; it means a "flowing from." These catarrhs are always originated by a cold taken in some way; and upon whatever part of the system the cold "falls," it is called a "catarrh" of that part. Hence, "catarrh of the head" when the eyes water a great deal; "nasal" catarrh when the "nose runs;" "catarrh of the chest" when a cold settles on the lungs and a large expectoration follows. Some persons who have "weak bowels" always have diarrhea; thin, watery, light-colored passages, or catarrh of the bowels, when a cold is taken.

The action of a catarrh is curative, and should be let alone, for it is nature's effort to carry off the disease; to wash it away, as it were. If nature were only left to herself in these cases, an incredible amount of suffering would be prevented, especially if nothing were eaten until relieved but bread and water; and if two or three hours in the forenoon and afternoon were spent in the open air, in bodily activities sufficient to promote and keep up a very gentle perspiration. But when there is a cough, or a troublesome running at the nose, or a watering of the eyes, with a fullness about the head and all over the body, indicating that a general cold has been taken, there is almost a mania for "taking something;" or, if the person has some medical knowledge, and even a small amount of common-sense, leading him to wait on nature, while he endeavors to aid her as just indicated, every second person he meets, exclaims, "Why don't you do something for it?" and he is brave indeed who resists steadfastly to the end.

A lady had a troublesome itching and running at the nose, and being advised to snuff up cold water freely, she did so and was "cured" in a day; but in twenty-four hours she nearly died of asthma; for, although the "flowing" from the nose was checked, the disease fell upon the lungs; nature would have vent some where.

In the diarrheas of children, summer complaints, etc., which so often arise from colds settling on the bowels, paregoric is given, and "soothing syrups," (in ALL cases made of molasses and laudanum, *never* made without sugar and opium.) The great effort of ignorance is to "stop the diarrhea." This is done; the parents are charmed, write out a certificate in great gratitude; this is published in the morning papers of the same week, as also in another column the death of the "cured" child of "convulsions" or "water on the brain."

The cough of consumption, and the large amount of glairy or multi-colored "matter" discharged from the lungs in bronchitis, are the curative "flowings," catarrhs of nature, and the checking of them by cough-drops, lozenges, troches, syrups, snuffs, etc., *always*, ALWAYS, ALWAYS makes death more certain, more speedy, and more dreadful. In all catarrhs, in all flowings, keep the bowels free; keep up a very general perspiration, and eat but very little for forty-eight hours, and if not better, send for a respectable physician. Annual sneezings and nose-runnings are of this nature, preventable by previous judicious depletions.

HEALTH TRACT, No. 53.

From Hall's Journal of Health, 42 Irving Place. \$1 a year.

FIFTEEN FOLLIES.

1. To think that the more a man eats the fatter and stronger he will become.
2. To believe that the more hours children study at school the faster they learn.
3. To conclude that if exercise is good for the health, the more violent and exhausting it is, the more good is done.
4. To imagine that every hour taken from sleep is an hour gained.
5. To act on the presumption that the smallest room in the house is large enough to sleep in.
6. To argue that whatever remedy causes one to feel immediately better, is "good for" the system without regard to more ulterior effects. The "soothing syrup," for example, does stop the cough of children, and does arrest diarrhea, only to cause, a little later, alarming convulsions, or the more fatal inflammation of the brain, or water on the brain; at least, always protracts the disease.
7. To commit an act which is felt in itself to be prejudicial, hoping that some how or other it may be done in your case with impunity.
8. To advise another to take a remedy which you have not tried on yourself, or without making special inquiry whether all the conditions are alike.
9. To eat without an appetite, or continue to eat after it has been satiated, merely to gratify the taste.
10. To eat a hearty supper for the pleasure experienced during the brief time it is passing down the throat, at the expense of a whole night of disturbed sleep, and a weary waking in the morning.
11. To remove a portion of the clothing immediately after exercise, when the most stupid drayman in New-York knows that if he does not put a cover on his horse the moment he ceases work in winter, he will lose him in a few days by pneumonia.
12. To contend that because the dirtiest children in the street, or on the highway, are hearty and healthy, that, therefore, it is healthy to be dirty; forgetting that continuous daily exposure to the pure out-door air, in joyous, unrestrained activities, is such a powerful agency for health that those who live thus are well, in spite of rags and filth.
13. To presume to repeat, later in life, without injury, the indiscretions, exposures, and intemperances which in the flush of youth were practiced with impunity.
14. To believe that warm air is necessarily impure, or that pure, cool air is necessarily more healthy than the confined air of a close and crowded vehicle; the latter, at most, can only cause fainting or nausea; while entering a conveyance after walking briskly, lowering a window, thus while still, exposed to a draught, will give a cold infallibly, or an attack of pleurisy or pneumonia, which will cause weeks and months of suffering, if not actual death within four days.
15. To "Remember the Sabbath-day" by working harder and later on Saturday than on any other day in the week, with a view to sleeping late next morning, and staying at home all day to rest, conscience being quieted by the plea of not "feeling very well."

HEALTH TRACT, No. 54.

From Hall's Journal of Health, 42 Irving Place. \$1 a year.

DIET FOR INVALIDS.

MANY persons, while apparently recovering from sickness, suddenly become worse and die, in consequence of eating some improper article of food, or of eating too much or too often; others have perished in eating against their inclination, merely to please their friends, or to get rid of their solicitations.

If persons are able to be out of bed, or on their feet, the intervals of eating should be about four hours during day-light. Only those confined to bed should eat oftener, or during the night. As a general rule, that is best for the patient for which there is the greatest craving. But a lady recovering from an attack of typhoid fever had a strong desire to eat a sweet potato. She did so, and died next day. Hence, a very small amount of what is craved should be taken at a time; and if no discomfort follows within four hours, a little more may be ventured.

If a patient wakes up in the morning thirsty, or the mouth is dry, no solid aliment should be taken, however great the hunger. Liquid food only can be safely used, at least until near noon.

The very best restorative an invalid can swallow, when thirsty or "faint," is the very best green or black tea that money can purchase, made in the best manner; the strength to be adapted to the circumstances. If feeble, the patient should have the food as soon as possible after it is called for. If there is no appetite, remove it instantly; instead of letting it remain, in the hope of its being soon wanted. Never, under any circumstances, give one single spoonful more than the patient can take with a relish, with satisfaction. A teaspoonful every twenty minutes, taken with a will, does more good than a dozen times the amount every hour or two, when such an amount can not be taken without distaste.

BEEF-TEA. Liebig's.—Chop a pound of lean meat as fine as for sausage; mix it with a pint of cold water; put it over a slow fire; when it has boiled five minutes, strain through a coarse cloth; salt to suit.

BROTH, quickly made.—Take a bone of loin or neck of mutton; remove skin and fat; beat or cut fine the meat; cover it with water in a sauce-pan, with a cover; season it; boil quickly for half an hour.

PANADA, in five minutes.—To water and white wine, seasoned with sugar, nutmeg, and lemon-pell, grate in some bread as soon as it boils; boil fast until thick enough to drink.

SWEET BUTTERMILK.—In ten minutes after milking, churn until flakes of butter swim about thickly. Good to drink while eating crackers, rusk, ripe or dried fruits.

FLOUR CAUDLE.—Rub a tablespoonful of fine flour into six of water; add this to five spoonfuls of milk, while boiling; stir twenty minutes over a slow fire. A nourishing astringent for weak bowels.

WINE-WHEY.—While a pint of milk is boiling, stir in eight tablespoonfuls of wine; boil a minute; when curd has settled, turn off the whey, which sweeten and drink, cold or warm.

TOAST-WATER.—Toast slowly, until brown, a thin slice of the soft of stale bread; put in a pitcher; pour on boiling water, and set it to cool, covered.

WATER-GRUEL.—Make two tablespoonfuls of Indian, or corn-meal, and one of flour, into a thick batter, with cold water; stir in boiling water till suitably thick; season with salt, and stir while boiling for six or eight minutes; add a little butter, and pour it over toasted bread, cut in small pieces.

TOASTED BREAD.—Hold a thin slice to the fire until it turns slowly of a straw color on both sides.

FLAXSEED-TEA.—Boil whole flaxseed in water to a thick syrup. A dessert-spoonful to a glass of water; strain, and add sugar and lemon-juice to suit.

HEALTH TRACT, No. 55.

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POISONS.

FROM a Latin word, meaning "drink," as poisons are generally taken in that way; and are either "corrosive," such as destroy or kill the texture of the part; or "constitutional," affecting the system, through the nerves and blood-vessels. Mineral and acid poisons, as lead, copper, arsenic, oxalic-acid, aqua-fortis, and the like, kill the living parts on the instant of touching, and death speedily results, from inflammation, swelling, and mortification.

Alcohol, opium, prussic acid, strychnine, and the like, are constitutional, and affect the system through the nerves and blood-vessels. There are, besides the gases, over sixty solid substances, in nature, which destroy life in a day, an hour, a minute. An "antidote" is that which instantly renders a poison innocuous by removal or chemical combination. For corrosive poisons, such as mineral and acid, indicated certainly by the patient carrying the hand to the throat, swallow instantly sweet oil, train-oil, or any other simple oil or grease first at hand. This soothes, protects, and vomits; or take magnesia, soap, or saleratus, in water.

As to the constitutional poisons, instant removal is imperative; and the very best thing in all nature, as well as most generally at hand, is a heaping teaspoonful each of common salt and ground mustard, stirred quickly in a glass of cool or warm water, and swallowed on the spot. This usually causes instantaneous vomiting. As soon as this ceases, as there may be some of the poison left in the stomach, swallow the white of an egg or two; and to make assurance doubly sure, drink most freely of very strong coffee. The egg is best for corrosive poisons; the coffee, for the constitutional. A quart of very strong cold coffee should be put away in a bottle in every family, for such uses; especially as it is the antidote for a larger number of poisons than any other substance in nature.

The above are intended as expedients, to be employed while a physician is being procured.

HEALTH TRACT, No. 56.

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ERYSIPELAS.

FROM the two Greek words, meaning "to draw" and "neighboring;" from the nature of the disease to draw in or involve adjacent parts. The Scotch call it the "rose," from its color; others, St. Anthony's fire, from its burning heat. It is a diffused inflammation or redness of the skin of the face and head; fever precedes the local inflammation, with sore-throat as an almost invariable attendant. The premonitory symptoms are: the patient feels ill, shivery, feeble or tired, languid, and often drowsy; sometimes there is nausea, vomiting, and diarrhea. The actual attack begins with a chill; then some part of the face, nose, one cheek, or rim of one ear, begins to feel hot, stiff, and tingling, and on close examination is found to be of a deep, continuous red color, swollen and hard; this redness and swelling advances gradually, sometimes rapidly, with a distinct, elevated margin as of a wave, until the whole scalp and face are involved. No disease, except the small-pox, so obliterates and deforms the features; for the cheeks enlarge, the lips thicken enormously, and the eyes are completely closed by the swelling of the lids; the mind begins to wander, especially at night; then delirium, and in a few days, death! In cases of recovery, the redness declines in three or four days, the swelling subsides, and the person gradually gets well. Erysipelas of the head and face is so generally fatal in three or four days, spreads with such rapidity, and by extending to the throat, which by its swelling closes up the passage of the air to the lungs, causing instant death, it is important to know the distinguishing symptoms already enumerated, and to have some means at hand, by which families many miles distant from medical aid, may do something toward arresting its wave-like progress, until the physician arrives. This is, of late, claimed to be done by the very simple process of pounding raw cranberries, and covering the part affected with a poultice made of them. A more generally accessible remedy is, to paint the whole affected surface, *and a little beyond*, with common white paint, laying it on with a feather; add a fresh coat every two hours, until a thick layer is obtained, and thereafter, sufficiently often to keep the parts entirely and perfectly covered; the object being to exclude the air, which is supposed to be the great irritant. This coating of white lead paint peels off in a week or ten days with the shed skin, and leaves the surface beneath clean, smooth, and healthy. To make assurance doubly sure, promptly unload the bowels by an injection of a pint of lukewarm water; eat nothing but a crust of cold bread or toasted bread broken into some warm tea, every four hours during daylight, and occupy a clean, dry, well-aired room and bed. When the physician arrives, if you are not well, put the case implicitly and entirely into his hands. The almost universal cause of erysipelas is bad blood, arising, in nearly every instance, from constipation of the bowels; that is, their failure to act every day. This is generally brought on by resisting the calls of nature; by over-eating; by neglect of exercise in the open air, or by cooling off too quickly after such exercise; in such cases, the cold is apt to settle in the throat, and prove speedily fatal. If erysipelas sets in after a wound, it is because of the impure state of the blood from the same causes—the wound, in this case, being merely the excitant, the spark to the powder already there.

HEALTH TRACT, No. 57.

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NURSING HINTS.

To the nurse is intrusted a holy human life, and to fail of duty by inattention or ignorance, is cruelly criminal.

1. The nurse should not eat, drink, or sleep in a sick-room.
2. Nor fast longer than five hours, whether a day or night watcher.
3. Always go into the room for day or night duty, with a full meal.
4. A strong body and a wide-awake mind are equally essential to a capable and efficient nurse; hence seven hours of consecutive sleep out of each twenty-four is a necessity.
5. Do not sit between the bed and the fire, or on the other side of the patient from an open door or window.
6. Clean your teeth, dress your hair, and wash your whole body well with soap and water after watching, so that you may sleep in clean linen, in no garment worn during your watching.
7. Wear as few woolen or dark clothes as possible; they hide dirt and harbor noxious exhalations.
8. Never speak in a whisper or under-tone in the sick-room, unless the patient is asleep; it engenders suspicions.
9. Avoid all discomposure, flurry, and noise, especially sudden, harsh, or discordant, and wear no creaking shoes or rustling garments.
10. Maintain at all times a countenance which is at once composed, self-possessed, cheerful, hopeful, kindly, confident, and sympathetic, else you are utterly unfit for the place.
11. As far as possible, anticipate every want, without at the same time being officious. Avoid all unnecessary questionings, and do not be forever fixing things about the bed.
12. Keep scrupulously out of sight every thing in the shape of druggery, such as bottles, vials, spoons, pill-boxes, etc.
13. Do not allow any liquid thing to remain in the room one single moment longer than it is in use, not even a glass of ice-water.
14. Have no hanging garments in the sick-chamber, and as little woolen carpeting and bed-coverings as possible, and no bed or window-curtains.
15. Keep the room in perfect order, and arrange things with an eye to taste, neatness and cheerfulness.
16. If visitors are admitted, ask them to leave the room the moment conversation flags. No patient can possibly desire to be gaped at in silence.
17. Never allow a frown, or an angry word, or an impatient expression of countenance, whatever may be the provocation. However "cross" the patient is, it is your business to be propitiative.
18. Guard against drafts of air and damp bed-clothes or garments.
19. Always have the fire-place open, and a window or door, as nearly opposite as possible, a little raised and lowered, or ajar. If there is no fire, have a lamp or candle burning in the fire-place, to create a draft up the chimney.
20. Let the room be as clean and as sunshiny as possible.
21. If fire is needed in the chamber, a thermometer should hang about five feet from the floor, opposite the fire-place, and should range about sixty degrees.
22. Let all kinds of impressive intelligence be communicated gradually, and as unimpressibly as possible.
23. Sleep is the best agency of recovery in all nature; hence never wake a sleeping patient, but promote sleep in all possible ways.
24. Do all you can to inspire confidence in the physician; never make a suggestion to him in the presence of the patient, and be faithful to his instructions.

HEALTH TRACT, No. 58.

From Hall's Journal of Health, 42 Irving Place, New-York. \$1 a year.

CHECKING PERSPIRATION.

If while perspiring, or while something warmer than usual, from exercise or a heated room, there is a sudden exposure in stillness to a still, cold air, or to a raw, damp atmosphere, or to a draft, whether at an open window or door or street-corner, an inevitable result is a violent and instantaneous closing of the pores of the skin, by which waste and impure matters, which were making their way out of the system, are compelled to seek an exit through some other channel, and break through some weaker part, not the natural one, and harm to that part is the result. The idea is presented by saying that the cold has settled in that part. To illustrate:

A lady was about getting into a small boat to cross the Delaware; but wishing first to get an orange at a fruit-stand, she ran up the bank of the river, and on her return to the boat found herself much heated, for it was summer, but there was a little wind on the water, and the clothing soon felt cold to her; the next morning she had a severe cold, which settled on her lungs, and within the year she died of consumption.

A stout, strong man was working in a garden in May; feeling a little tired about noon, he sat down in the shade of the house and fell asleep; he waked up chilly; inflammation of the lungs followed, ending, after two years of great suffering, in consumption. On opening his chest, there was such an extensive decay, that the yellow matter was scooped out by the cupful.

A Boston ship-owner, while on the deck of one of his vessels, thought he would "lend a hand" in some emergency; and pulling off his coat, worked with a will, until he perspired freely, when he sat down to rest a while, enjoying the delicious breeze from the sea. On attempting to rise, he found himself unable, and was so stiff in his joints, that he had to be carried home and put to bed, which he did not leave until the end of two years, when he was barely able to hobble down to the wharf on crutches.

A lady, after being unusually busy all day, found herself heated and tired toward sundown of a summer's day. She concluded she would rest herself by taking a drive to town in an open vehicle. The ride made her uncomfortably cool, but she warmed herself up by an hour's shopping, when she turned homeward; it being late in the evening, she found herself more decidedly chilly than before. At midnight she had *pneumonia*, (inflammation of the lungs,) and in three months had the ordinary symptoms of confirmed consumption.

A lady of great energy of character lost her cook, and had to take her place for four days; the kitchen was warm, and there was a draft of air through it. When the work was done, warm and weary, she went to her chamber, and laid down on the bed to rest herself. This operation was repeated several times a day. On the fifth day she had an attack of lung fever; at the end of six months she was barely able to leave her chamber, only to find herself suffering with all the more prominent symptoms of confirmed consumption; such as quick pulse, night and morning cough, night-sweats, debility, short breath, and falling away.

A young lady rose from her bed on a November night, and leaned her arm on the cold window-sill to listen to a serenade. Next morning she had *pneumonia*, and suffered the horrors of asthma for the remainder of a long life.

Multitudes of women lose health and life every year, in one of two ways; by busying themselves in a warm kitchen until weary, and then throwing themselves on a bed or sofa, without covering, and perhaps in a room without fire; or by removing the outer clothing, and perhaps changing the dress for a more common one, as soon as they enter the house after a walk or a shopping. The rule should be invariably to go at once to a warm room and keep on all the clothing at least for five or ten minutes, until the forehead is perfectly dry. In all weathers, if you have to walk and ride on any occasion, do the riding first. Biliousness and constipation also cause catarrhs.

HEALTH TRACT, No. 59.

APPLES.—The apple is perhaps more useful than all the other fruits in nature. Beyond them all, it is durable, prolific, easy of culture, and capable of such a variety, in its mode of preparation for the table, that a small volume might be written about it. The time required to digest a piece of roasted pork is five hours and a half; about equal to a piece of boiled tendon, (white leather,) which is almost leathery, or a lump of boiled beef-suet; while a sweet, mellow, raw apple is digested, passed out of the stomach, and enters the circulation to nourish and strengthen, in an hour and a half, being exceeded in easiness of digestion only by boiled rice, pigs' feet or tripe soured, and whipped eggs, all of which are digested in one hour. Sweet apples are not valued as they ought to be, because they do not "cook well;" but to be eaten raw, there is scarcely any thing more "delicate," that is, so easily received into the system, requiring so little stomach power in appropriating it to the nourishment of the body. One good method of cooking apples, is to peel them and take out the core, without dividing the fruit; put them in a dish, pour over them a few tablespoonfuls of water; bake until delicately brown, and eat with cream and sugar, as a dessert, for dinner. This is incomparably preferable to the sodden dumpling or the greasy pie. Mrs. F. D. Gage, one of the most notable housewives in the nation, says: "Pare the apples and quarter them, placing them in a tin plate with the core side up; if dried apples, a little water is added; they are then set in the oven, which is always hot at meal-time, and roasted; when done, they are slid on a common plate, and sprinkled with sugar; to be eaten warm, with bread and butter and cakes. It would require canned fruit of extra flavor to tempt me from the apple-dish, if thus prepared. Strawberries or half-ripe peaches are not to be talked of the same day."

For lunches at school or at home, for convenience and cleanliness, to put in the pocket while traveling, or on an excursion, or when expecting to be absent from home over a meal, the apple is without an equal; while as a dessert it might well supersede all the cakes, pies, jellies, dumplings, and "tarts" ever invented. If a tithe of the money expended in easily dispensable articles of apparel, or mere personal gratifications in the shape of snuff, cigars, chewing-tobacco, home-made wines and cordials, or of useless trinkets of jewelry, or unsubstantial, unremunerative amusements, was devoted to the purchase of a bountiful supply of apples in the fall, for family use, without stint, there would be found a most welcome increment in family health in the spring, and a diminution of doctors' bills, especially gratifying to all prudent and calculating "paterfamilias." To every householder we say, wear an old coat another year, do with one silk dress less, skimp yourself in pork, ham, bacon, and even roast beef, rather than fail to put half a dozen barrels of prime apples in your cellar this fall.

TAKING MEDICINE.

LET it be remembered that it is not the medicine advised by the educated physician which has done the world so much injury, but it is the physic which the people swallow on their own responsibility. When a narrow-minded person gets sick, he "calculates" the saving it will be to him to give twenty-five cents for a box of pills, instead of "employing a physician," besides avoiding the discomfort of "a course of medicine," as it is called. This answers for a while in many cases, but it is ultimately disastrous, and health and life are the fearful forfeit. A gentleman had been a dyspeptic, and hearing that a preparation of soda was "good for dyspepsia," he "tried it;" it acted "like a charm," and for the next six months he was so enraptured with its effects that he considered it a duty as well as a humanity to recommend it to every person who seemed to be affected as he had been. Not long thereafter, as he was standing at the gate of his newly-married daughter, in London, in a passing call on his way to business, he dropped down dead. On examination, the cause was found in several ounces of soda impacted in the bowels.

Not long ago, a young lady of wealth called for a prescription at a Quaker druggist's. Being a conscientious man, he said to her very kindly that if she continued to take it in such quantities, it would destroy her. It was a preparation of morphine, chloroform, and ether, which had an instantaneous and powerful effect on the whole system, and in her case excited the brain and kept it in that condition, requiring constantly increased doses. Within a month she was attacked with a very familiar disease, cured every day in its more peculiar seat. In her case, the brain having been so weakened by the continual over-excitement to which it had been subjected, became the point of metastasis. In familiar phrase, "it went to the brain." She was a model of unobtrusive, self-denying piety, so retiring, so pure, as to be the admiration of those who knew her inner life. In an hour the malady made a wreck of the mind. No man could hold her. Her profanity was shocking to every attendant. A day or two more and she died. We personally know that her sister perished a year earlier in consequence of a condition of the system induced by taking daily, for months a popular "cough-lozenge," or "troché." In these last two cases, economy was no object, for they had always been the pampered and petted children of lavish wealth. But it was so much easier to get rid of an ailment in this way than by the formality of calling in the family physician; besides parental solitudes need not be uselessly excited; this, no doubt, was the ruling motive. The experienced practitioner well understands that the habitual taking of any efficient medicine is the certain road to a premature and very often a violent or agonizing death.

FAILING EYESIGHT.

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6th. Frequently pass the balls of the fingers over the closed eyelids, towards the nose; this carries off any excess of water into the nose itself by means of the little canal which leads into the nostril from each inner corner of the eye, which canal tends to close up in consequence of the slight inflammation which attends weakness of eyes.

7th. Keep the feet always dry and warm, so as to draw any excess of blood from the other end of the body.

8th. Use eye-glasses at first, carried in the vest-pocket, attached to a guard, for they are instantly adjusted to the eye with very little trouble; whereas, if common spectacles are used, such a process is required to get them ready, that to save trouble, the eyes are often strained to answer a purpose.

9th. Wash the eyes abundantly every morning. If cold water is used, let it be flapped against the closed eye with the fingers of the hand, not striking hard against the balls of the eyes. But it would seem a better plan to open the eyes in pure warm water, because warm water is more penetrating than cold; it dissolves much more readily and rapidly any hardened matter that may be about the lids, and is more soothing and more natural.

10th. The moment the eyes feel tired, the very moment you are conscious of an effort to read or sew, lay aside the book or needle, and take a walk for an hour, or employ yourself in some active exercise not requiring the close use of the eyes.

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CHECKING PERSPIRATION.

EDWARD EVERETT, the finished scholar, the accomplished diplomatist, the orator, the statesman, the patriot, became overheated in testifying in a court-room, on Monday morning, went to Fanuell Hall, which was cold, sat in a draft of air until his turn came to speak; "but my hands and feet were ice, my lungs on fire. In this condition, I had to go and spend three hours in the court-room." He died in less than a week from this checking of the perspiration. It was enough to kill any man.

PROFESSOR MITCHEL, the gallant soldier, and the most eloquent astronomical lecturer that has ever lived, while in a state of perspiration in yellow-fever, the certain sign of recovery, left his bed, went into another room, became chilled in a moment, and died the same night!

If while perspiring, or while something warmer than usual, from exercise or a heated room, there is a sudden exposure in stillness to a still, cold air, or to a raw, damp atmosphere, or to a draft, whether at an open window or door or street-corner, an inevitable result is a violent and instantaneous closing of the pores of the skin, by which waste and impure matters, which were making their way out of the system, are compelled to seek an exit through some other channel, and break through some weaker part, not the natural one, and harm to that part is the result. The idea is presented by saying that the cold has settled in that part. To illustrate:

A lady was about getting into a small boat to cross the Delaware; but wishing first to get an orange at a fruit-stand, she ran up the bank of the river, and on her return to the boat found herself much heated, for it was summer, but there was a little wind on the water, and the clothing soon felt cold to her; the next morning she had a severe cold, which settled on her lungs, and within the year she died of consumption.

A stout, strong man was working in a garden in May; feeling a little tired about noon, he sat down in the shade of the house and fell asleep; he waked up chilly; inflammation of the lungs followed, ending, after two years of great suffering, in consumption. On opening his chest, there was such an extensive decay, that the yellow matter was scooped out by the cupful.

A Boston ship-owner, while on the deck of one of his vessels, thought he would "lend a hand" in some emergency; and pulling off his coat, worked with a will, until he perspired freely, when he sat down to rest a while, enjoying the delicious breeze from the sea. On attempting to rise, he found himself unable, and was so stiff in his joints, that he had to be carried home and put to bed, which he did not leave until the end of two years, when he was barely able to hobble down to the wharf on crutches.

A lady, after being unusually busy all day, found herself heated and tired toward sundown of a summer's day. She concluded she would rest herself by taking a drive to town in an open vehicle. The ride made her uncomfortably cool, but she warmed herself up by an hour's shopping, when she turned homeward; it being late in the evening, she found herself more decidedly chilly than before. At midnight she had *pneumonia*, (inflammation of the lungs,) and in three months had the ordinary symptoms of confirmed consumption.

A lady of great energy of character lost her cook, and had to take her place for four days; the kitchen was warm, and there was a draft of air through it. When the work was done, warm and weary, she went to her chamber, and laid down on the bed to rest herself. This operation was repeated several times a day. On the fifth day she had an attack of lung fever; at the end of six months she was barely able to leave her chamber, only to find herself suffering with all the more prominent symptoms of confirmed consumption; such as quick pulse, night and morning cough, night-sweats, debility, short breath, and falling away.

A young lady rose from her bed on a November night, and leaned her arm on the cold window-sill to listen to a serenade. Next morning she had *pneumonia*, and suffered the horrors of asthma for the remainder of a long life.

Multitudes of women lose health and life every year, in one of two ways; by busying themselves in a warm kitchen until weary, and then throwing themselves on a bed or sofa, without covering, and perhaps in a room without fire; or by removing the outer clothing, and perhaps changing the dress for a more common one, as soon as they enter the house after a walk or a shopping. The rule should be invariably to go at once to a warm room and keep on all the clothing at least for five or ten minutes, until the forehead is perfectly dry. In all weathers, if you have to walk and ride on any occasion, do the riding first.

TAKING MEDICINE.

LET it be remembered that it is not the medicine advised by the educated physician which has done the world so much injury, but it is the physic which the people swallow on their own responsibility. When a narrow-minded person gets sick, he "calculates" the saving it will be to him to give twenty-five cents for a box of pills, instead of "employing a physician," besides avoiding the discomfort of "a course of medicine," as it is called. This answers for a while in many cases, but it is ultimately disastrous, and health and life are the fearful forfeit. A gentleman had been a dyspeptic, and hearing that a preparation of soda was "good for dyspepsia," he "tried it;" it acted "like a charm," and for the next six months he was so enraptured with its effects that he considered it a duty as well as a humanity to recommend it to every person who seemed to be affected as he had been. Not long thereafter, as he was standing at the gate of his newly-married daughter, in London, in a passing call on his way to business, he dropped down dead. On examination, the cause was found in several ounces of soda impacted in the bowels.

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SKATING

Is one of the most exhilarating of all pastimes, whether on the ice, or over our parlor or hall floors, with roller-skates. In the days of "Queen Bess," some three hundred years ago, it was a favorite amusement with the Londoners, whose facilities for the same were limited to pieces of bone attached to the shoes. As lives have been lost in connection with skating, the following suggestions are made :

1. Avoid skates which are strapped on the feet, as they prevent the circulation, and the foot becomes frozen before the skater is aware of it, because the tight strapping benumbs the foot and deprives it of feeling. A young lady at Boston lost a foot in this way ; another in New-York, her life, by endeavoring to thaw her feet in warm water, after taking off her skates. The safest kind are those which receive the fore-part of the foot in a kind of toe, and stout leather around the heel, buckling in front of the ankle only, thus keeping the heel in place without spikes or screws, and aiding greatly in supporting the ankle.

2. It is not the object so much to skate fast, as to skate gracefully ; and this is sooner and more easily learned by skating with deliberation ; while it prevents overheating, and diminishes the chances of taking cold by cooling off too soon afterward.

3. If the wind is blowing, a veil should be worn over the face, at least of ladies and children ; otherwise, fatal inflammation of the lungs, " pneumonia," may take place.

4. Do not sit down to rest a single half-minute ; nor stand still, if there is any wind ; nor stop a moment after the skates are taken off ; but walk about, so as to restore the circulation about the feet and toes, and to prevent being chilled.

5. It is safer to walk home than to ride ; the latter is almost certain to give a cold.

6. Never carry any thing in the mouth while skating, nor any hard substance in the hand ; nor throw any thing on the ice ; none but a careless, reckless ignoramus, would thus endanger a *fellow-skater* a *fall*.

7. If the thermometer is below thirty, and the wind is blowing, no lady or child should be skating.

8. Always keep your eyes about you, looking ahead and upward, not on the ice, that you may not run against some lady, child, or learner.

9. Arrange to have an extra garment, thick and heavy, to throw over your shoulders, the moment you cease skating, and then walk home, or at least half a mile, with your mouth closed, so that the lungs may not be quickly chilled, by the cold air dashing upon them, through the open mouth ; if it passes through the nose and head, it is warmed before it gets to the lungs.

10. It would be a safe rule for no child or lady to be on skates longer than an hour at a time.

11. The grace, exercise, and healthfulness of skating on the ice, can be had, without any of its dangers, by the use of skates with rollers attached, on common floors ; better if covered with oil-cloth.

INVERTED TOE-NAIL

Is excruciatingly painful, and has repeatedly destroyed life, by mortification or lock-jaw. The nail does not grow into the flesh, but the flesh being irritated by a tight shoe, inflames and swells, crowding itself up against the sharp and unyielding edge of the nail, until it ulcerates, when the slightest touch is agonizing.

1. The old remedy was to drag out the entire nail with pincers, but even this was not always successful, terrible as it was.

2. Cut a notch in the nail down to the quick, along the center of the arch, from the root outward, or scrape it with a glass; this breaks the arch, and the pressure at the sides tends to close it up, and thus relieves, because the nail changes its curvature, and the outer edges turn up, instead of down.

3. Take equal quantities of blue vitriol (sulphate of copper) and common alum burnt; reduce them to a fine powder, mixing them together most thoroughly; then sift it through muslin; next, wash the parts well with Castile soap-suds, and apply the powder; repeat this four times every twenty-four hours.

4. Scrape the whole nail moderately with a piece of glass, so as to diminish its thickness considerably; then rub it all over well with a piece of solid nitrate of silver, moistened with a little water; then apply a hot poultice of linseed-meal, to remain until next morning, when the whole nail will be loosened, and may be removed without any pain; if not entirely loosened, make another but milder application of the caustic.

5. Scrape the toe-nail to the quick with a piece of glass, from the root outward, as near as possible to the ailing edge; then, with a pair of pincers, catch hold of the edge of the nail farthest from the sore spot, and gently draw the nail away from it toward the center, and repeat daily.

6. Freeze the parts; scrape the nail longitudinally to the quick, the eighth of an inch from the ailing edge; then with tweezers draw out the offending part; this is done without pain.

7. Spread an ointment of per-chloride of iron on some lint, and lay it over the excrescence; renew it twice daily, and in four days the excrescence becomes dry, is easily detached, and in a week all is well.

8. When there is "proud flesh" or ulceration, drop two or three drops of melted tallow between the nail and the granulations. One application usually gives immediate relief, by the hot tallow insinuating itself in every interstice under the nail, acting as a liquid cautery, the parts drying up in a few days.

9. The editor's plan is simply to insinuate, with a bodkin or silver teaspoon-handle, a small amount of lint or cotton between the edge of the nail and flesh, in the gentlest manner, and let it remain there until next day, when more is to be insinuated, and so on, until, by the absorption caused by the pressure, the swelling or proud flesh entirely disappears. If this is done when attention is first directed unpleasantly to the toe, it gets well in a day or two. If neglected until there is great pain and swelling, or ulceration, it is better to go to bed and keep the toe poulticed with bread and milk or linseed-flour, put on hot and renewed every four hours; then scrape the nail to the quick at the center, from the root outward, and proceed as above. Remember that it is best, in trimming both finger and toe-nails, not to trim down to the corners, but let the nail grow out rather more square, not rounding off at the angle. It will hasten the cure, if the cotton, after being put in, is moistened with liquid nitrate of silver, forty grains to the ounce.

PHYSIOLOGICAL APHORISMS.

1. THE foundation of three fourths of all cases of consumption is laid before the age of twenty-five years ; in women, during their teens.
2. The hereditary element is not of special account as a cause of consumption, as less than twenty-five per cent of cases are clearly of consumptive parentage.
3. One of the ruling causes of disease and premature death, in large cities, is found in that exhausting strain of the mental energies in the struggle for subsistence—a death-race for bread.
4. Insanity runs in families ; but, as in the case of family likeness, it sometimes overleaps a generation or more.
5. Personal resemblance entails like characteristics of mind and disposition.
6. A current of the purest air from the poles, for half an hour, on a person sleeping, sitting still, or overheated, is a thousand-fold more destructive of health and fatal to life than the noisomeness of a crowded room or vehicle, or the stench of a pig-stye for thrice the time.
7. To exercise in weariness, increased by every step, is not only not beneficial, it is useless and worse than useless ; it is positively destructive.
8. As no good traveler, after having fed his horse, renews his journey in a trot, but with a slow walk, gradually increasing his pace, so in getting up to address an assembly for a continued effort, the first few sentences should be uttered in a low, slow tone, gradually intensified, otherwise the voice will break down in a very few minutes, with coughing or hoarseness.
9. A growing inability to sleep in sickness is ominous of a fatal result ; in apparent health, it indicates the failure of the mind and madness ; so, on the other hand, in disease or dementia, a very slight improvement in the sleeping should be hailed as the harbinger of restoration.
10. No one can possibly sink if the head is thrust entirely under water, and in this position a novice can swim as easily as walk, and get to shore readily by lifting the head at intervals, for breath.
11. Intense thirst is satiated by wading in water, or by keeping the clothing saturated with water, even if it is taken from the sea.
12. Water can not satisfy the thirst which attends cholera, dysentery, diarrhea, and some other forms of disease ; in fact, drinking cold water seems to increase the thirst, and induce other disagreeable sensations ; but this thirst will be perfectly and pleasantly subdued, by eating a comparatively small amount of ice, swallowing it in as large pieces as practicable, and as much as is wanted.
13. Inflammations are more safely and far more agreeably subdued by the application of warm water than of cold.
14. Very excessive effort in a short space of time, as in running, or jumping a rope, etc., has repeatedly caused instant death, by apoplexy of the lungs, the exercise sending the blood there faster than it can be forwarded to the heart, and faster than it can be purified by the more infrequent breathing on such occasions.
15. No disease ever comes without a cause or without a warning ; hence endeavor to think back for the cause, with a view to avoid it in future, and on the instant of any unpleasant bodily sensation, cease eating absolutely until it has entirely disappeared, at least for twenty-four hours ; if still remaining, consult a physician.
16. The more clothes a man wears, the more bed-covering he uses, the closer he keeps his chamber, whether warm or cold, the more he confines himself to the house, the more numerous and warm his night-garments, the more readily will he take cold, under all circumstances, as the more a thriftless youth is helped, the less able does he become to help himself.

URINATION.

CAREFULLY conducted and reliable experiments show, that when the thermometer is at seventy, and the air is fine, dry, and clear, a healthy adult will pass something less than three pints of urine in twenty-four hours; but he will pass six pints if the day is raw and windy, the atmosphere saturated with dampness, and is several degrees cooler.

On the other hand, it is found, that on a beautiful, clear day, six pints of fluid are passed from the skin and lungs, and but four pints on a damp, raw day. That is, on fair days, thirty-eight per cent of the fluids passed from the system is in the shape of urine; and sixty-two per cent by skin and -lungs. On damp, raw days, seventy-one per cent is in urine, and twenty-nine per cent in perspiration. Every observant person knows that he does not feel as lively, cheerful, and buoyant in raw, damp weather, as when it is clear and dry. The reason of this is, that counting a pint a pound, there is in a damp day, one or more pounds of matter in the system than there ought to be: it is then no wonder that on such days we feel heavy, depressed, dispirited, and gloomy. In fine weather, this matter, for which the system has no further use, passes steadily from the body as fast as it accumulates, and we feel elastic in body and in mind, buoyant, and cheerful. In damp, raw, windy, and cooler weather, the pores of the skin are closed by these four agencies; the waste fluids can not pass in this direction, but must find exit, in greater part, through the bladder, to be emptied at varying intervals. It follows, then:

First. The warmer the weather, the greater the perspiration, and the less the urine.

Second. As exercise promotes perspiration, the more exercise, the less urination.

Third. Hence, unequal amounts of urination from day to day, do not necessarily indicate disease; for it is Nature regulating the "waste ways" of the system.

Fourth. As persons feel best when the pores of the skin are open, free and soft, as in perspiration, the surface of the body should be kept soft, warm, and clean, as a means of health and that general feeling of wellress which happifies the heart.

Fifth. If, in dull, damp weather, the system is burdened by a pound or more of fluid substances which ought to be out of it, almost the entire amount of discomfort engendered by it could be readily avoided, by eating and drinking one half less on such days than on others; that is, about a pound and a half, instead of three pounds, in twenty-four hours.

Sixth. As we naturally perspire less in damp, raw, cold, windy weather, it is the dictate of wisdom to excite perspiration artificially by steady labor, or active exercise in the open air.

But the great misfortune is, that instead of eating less, and exercising more in bad weather than usual, we exercise less, because we are afraid of the weather, and we eat more because we have nothing else to do, and being the only source of pleasure, we yield ourselves more completely to it. The same reasoning is applicable to the Sabbath-day—to wit, exercising but little, we should eat but little.

PAIN

Is a blessing, being Nature's admonition that something is wrong, and impels to its rectification. If, for example, there were no feeling in the fingers or feet, they might any night be frozen or burnt off, and we would wake in the morning to a life-long deformity.

The immediate cause of all pain is in the condition of the blood acting on the nerves, it being too thick, too abundant, or too poor. If too poor, it must be enriched by the introduction of iron into the system. When too abundant, it must be lessened in quantity by working it off in exercise, and by diminishing its supply, which is furnished by the food eaten. When too thick, which is the same as being impure, it must be remedied by a large and daily exposure to the fresh, pure, outdoor air, because every breath goes in pure, and as it were empty, but comes out loaded with impurity. Hence animals, being out of doors all the time, remain still, and without exercise get well, because, breathing a pure air, every breath is directly remedial.

The more fixed and severe a pain is, the more dangerous it is, as it will soon cause destruction of the parts. When pain is shifting, it is only functional, and arises merely from a surplus of blood in the veins or arteries, pressing against the nerves of the part. In some cases, accumulations of wind or gases cause pain. Pain being the result of too much blood in a part, as a very general rule, the remedy, in severe and pressing cases, is to apply a mustard-plaster near that part, which draws the blood away, as is seen by the reddening of the skin.

The most agonizing pains are often removed in the twinkling of an eye, by dipping a bit of cloth (woolen, flannel, or cotton) in a mixture of equal parts of sweet oil, chloroform, and strong spirits of hartshorn just shaken together, and spread over the spot, with a handkerchief wadded in the hand, and held over the cloth, so as to retain the more volatile ingredients; to be removed the moment the pain ceases.

The safest and most comfortable application in nature for the relief of all pain, especially that arising from inflammation, is a woolen cloth kept, very warm, even hot, by the steady addition of hot water, or a stream of warm water, where the painful part admits it. When pain is severe, sharp, or thrilling, there is inflammation, and arises from there being too much blood in the arteries; if dull and heavy, it is caused from there being too much blood in the veins.

The pain of inflammation gives heat; hence, headache with a hot head, is from too much blood in the arteries, and there is throbbing; draw it away by putting the feet in very hot water; this often removes pain in any part of the body above the ankles.

When there is too much blood in the veins of the head, there is a dull pain or great depression of spirits, and the feet are always cold. It is this excess of blood in the veins of the head or brain, which always induces the despondency which so frequently causes suicide. When this is attempted by cutting the throat, the relief is instantaneous, and the victim becomes anxious for the life he had just attempted to destroy. Hence, a good out-door walk, or a hot bath, a sudden fit of laughter, or a terrible burst of passion, by dispersing the blood to the surface from the centers, puts the Blues and Megrimms to flight also.

THE TEETH.

NATURAL teeth, clean, perfect, and sound, are essential to the comeliness of any face; they not only add to the comfort and personal appearance, but contribute largely to the health of all; hence, special and scrupulous attention should be paid to them daily, from the fifth year, each tooth being minutely examined by a skillful, intelligent, and conscientious dentist every third month, up to the age of twenty-five, when they may be considered safe, with a semi-annual inspection. Avoid cold and hot food and drinks most sedulously. If a "pick" is ever employed, let it be of wood or quill. Never use a dentrifice prepared by stranger hands. Tartar on the teeth is formed by animalculæ, some of which are instantly killed by soap; others by table-salt; hence wash the teeth with a wet brush, drawn across a piece of white soap every other night, at bed time, using the salt but once a week, which, perhaps, whitens the teeth as safely and as well as any thing else. Pure sugar melts without a residue, and passes into the stomach at once, hence can not possibly hurt the teeth by its adherence to them. Heat, and cold, and acids are the things which injure the teeth on the instant of touching them. Sugar can only act perniciously in so far as by its too free use, it causes Dyspepsia. A doughnut, daily, will sooner hurt the teeth than a lump of sugar. Roast beef and canvas-back ducks, oyster-suppers, and lobster-pies, pastries, and puddings, are a thousand-fold more destructive to the teeth than pure candies, because they are the direct agents of dyspeptic disease in the masses, and disorder the stomach, generate acid gases and a liquid so sour, that when it is belched into the mouth, it has been known to take the skin off of the throat and inner lips. Much harm has been done by propagating the notion that sugar and candies are hurtful to the teeth, by drawing attention away from the general causes, such as gourmandizing hot foods, ice-cold drinks, and want of tooth and mouth cleanliness. Teeth hereditarily poor, may be kept in a good state of preservation for many years, if well watched, kept plugged in a finished style, cleaned as above, and the stomach is made to do its duty, by a temperate, active, and regular life. Great stress has been laid on the fact that a solid tooth becomes soft and pulpy if steeped in syrup for a few days, yet no apparent effect is produced on a tooth soaked for weeks in a solution of calomel, which so many claim to be a most deadly agent to the teeth. Pure sugars and candies do not injure the teeth, except indirectly, by their injudicious use, exciting acidity of stomach or dyspepsia; as will any other kind of food condiment, drink or beverage, even roast beef, brown bread, or Boston cracker, if extravagantly used. All infants and young children would die in a very few weeks, if not allowed to eat any thing containing sugar, because they need the carbon of the sugar to keep them warm; their extravagant, their insatiable fondness for every thing sweet, is a wise instinct of nature. If candies were used as desserts in winter; and fruits and berries, in their natural state, ripe, raw, and perfect in summer, to the exclusion of pies, tarts, pastries, and puddings, human life would be extended, and many dentists would have to seek other occupations.

The teeth should be washed with a stiff brush on rising, and with an old, used brush immediately after each meal, always employing lukewarm water, or holding cold water in the back part of the mouth until it is warmed. Never eat an atom after the teeth have been washed for the night. Always use the brush slowly, lest by a slip, a tooth may be scaled or broken. After meals, let the bristles of the brush be moved up and down by a twisting motion, making each one a tooth-pick. A yellowish tint to a tooth is proof of its soundness; hence do not seek to keep them of a pearly whiteness; it destroys them.

READ AND HEED.

"THE great object of labor is profit; and to attain that, system and care are indispensable. Therefore,

1. **BE PUNCTUAL.**—Every man has a right to demand his salary to the last cent, and the employer a right to the time agreed upon to the last minute. The man who fails to fulfill his agreement in this particular, is no less dishonest than he who gives short change, weight, or measure.

2. **BE INDUSTRIOUS.**—You have been engaged to do all you can during ten hours of each day; and your employer has a right to a hearty, ungrudged service. If your regular work is for a time stopped, look for something else to do; keep steadily and regularly busy.

3. **BE CAREFUL.**—Never lose sight of the fact, that the employer is as dependent for a living upon his profits as you are upon your salary. Every loss of type, paper, plates, ink, or time, caused by carelessness or waste, amounts, practically, to a reduction of his salary, without his consent.

4. **BE QUIET.**—This large building was erected for work, not play. If you have to wait for any thing, do so quietly. Damage is sure to result from 'sky-larking,' either to type, cases, forms, paper, plates, presses, or yourself; for an habitual trifler, or noisy person, will certainly be discharged.

5. **BE GENTLE IN SPEECH.**—Swearing will not correct an error, mend a batter, clean a roller, or make a press work well; patience and oil will do much more, and be every way better. Cursing may make your fellow-workmen angry, and prevent them helping you, when gentle words would have commanded ready help.

6. **BE CLEAN.**—If you like to be dirty yourself, you can not be allowed to inconvenience your fellow-workmen, soil the office, and spoil the work, by habitual filthiness. Soap, lye, water, and towels have been provided; so there is no reason why you should not be clean. It is easier to keep clean than to make clean.

7. **BE OBEDIENT.**—Those who have direction of your work have responsibilities you know nothing of. Even if they should be harsh or abrupt in their commands, nothing can be allowed to excuse disobedience. Obey, or leave the office, must be the inevitable rule. The employer will judge fairly of any complaint of an unjust command, but not until it has been obeyed. In short,

8. **BE JUST.**—To yourself, your fellow-workmen, and your employer; and in the intelligent application of this rule you will find and give perfect satisfaction, and prove that cleanliness, honesty, industry, obedience, and carefulness for others' feelings, mark the demeanor of a printer, or pressman, not less than that of a gentleman.

The acceptance of a situation or of temporary employment in this office, will be regarded as a pledge of obedience to these rules."—D. M. COLE.

But while a careful, systematic, and just industry will uniformly be attended with pecuniary success, the more ultimate object of life, a quiet, peaceful and happy old age, can never be attained without bodily health.

To that end
We append
Eight Cs
To as many Bs.

1. See to it that you eat regularly, slowly, temperately.

2. See to it that you sleep early and abundantly.

3. See to it that cold water is your great stand-by beverage.

4. See to it that you never work to exhaustion.

5. See to it that the bodily habits are as regular as the day.

6. See to it that you never work or rest in chilliness.

7. See to it that you cool off very slowly after all forms of exercise.

8. See to it that you place your head upon your pillow every night with a view to speedy, sound, connected and invigorating sleep, with "a conscience void of offense toward God and toward men;" and strive steadfastly and heroically to maintain the same, from the early morning of each succeeding day. Thus you will infallibly, because God has said it, secure the fruition, as well as "the promise of the life that now is, and of that which is to come." A reward how ample!—how magnificent!—in quality glorious; in extent infinite!

DEAFNESS

Is sometimes hereditary, and runs in families; at others, the result of violent strains, as in the retching of vomiting. It often succeeds ill-cured or ill-managed attacks of scarlet-fever, measles, chicken-pox, and the like; it sometimes arises from inanition, a gradual withering away of the parts. In almost all cases, the only really useful and safe plan of treatment is to keep up the general health, and wear in the ailing ear a bit of cotton, moistened with glycerine; or let fall a drop or two in the ear; then put the cotton in; the whole object being to keep the parts moist. Glycerine is the best substance known for that object, because it is as perfectly mild and safe as milk and water, while it retains its moisture longer than any other substance known in nature; hence, if hardened "wax" causes the deafness, it will certainly be softened and brought away. Auricles, or other "aids" to hearing, improve for a time, but only to bring ultimate deafness the sooner and more certainly, as well as more completely. In ninety-nine cases out of a hundred of deafness, in the ordinary walks of life, all tinkering with the ear is worse than useless—it is pernicious; and quite as often will it be found that whatever general good health, and the constant (once daily) moistening with pure glycerine does not accomplish in the way of an improved hearing, nothing else will. The safest general rule for all is, never allow any thing to touch the eye or ear stronger than lukewarm rain-water or glycerine, (which is really oil and water,) unless by the special advice of an educated physician, whom you have long known. After all, deafness is not an unmixed evil. Multitudes would be happier if they did not hear quite so much; besides, it is a source of fun sometimes. For example:

In a town in New-Hampshire lived old Farmer P——, who was very deaf. On his farm, near the road, stood a very large tree, and thirty feet from the ground on this tree was a large knot.

As Farmer P—— was passing by one day, he thought he would cut it down to make a mill-post of. He had been at work some time, when he thought some stranger would come along and ask him the following questions, and he would make the following answers:

"What is that tree for?" asks the stranger.

"A mill-post," replies the farmer.

"How long are you going to cut it?"

"Up to that knot."

"How much do you ask for it?"

"Five dollars."

"I won't give it."

"Well, if you don't, somebody else will."

As old Farmer P—— was working away, sure enough a stranger did come along, and the following dialogue ensued:

"Good morning, sir," said the stranger.

"A mill-post," replied the farmer.

"How far is it down to the corner?"

"Up to that knot."

"You don't understand me; how far is it down to that corner?"

"Five dollars."

"You old scamp! I have a good mind to give you a whipping!"

"Well, if you don't, somebody else will."

NERVOUS SUFFERERS.

THERE are a multitude of advertisements of books and remedies in reference to "nervous debility," as it is called. For a purpose, we once sent a few stamps for an infallible receipt for consumption or some other ailment. The answer came that it was the "Indian Plant, growing at the foot of the Rocky Mountains; and that it had to be gathered in August, otherwise it had no virtues." As it would cost something to go to the Rocky Mountains, and it was then December; and in addition, no description was given of the "Indian Plant," and as there might not be any Indians at the foot of the Rocky Mountains, after we got there, to point out the "Indian Plant," we were in a quandary; but the whole set of almost insuperable difficulties were vanquished in a moment by the announcement that the advertiser had some of it on hand at two dollars a bottle. The *American Agriculturist* of New-York, conducted with so much energy and ability by Orange Judd, for a dollar a year, each monthly number containing not less than one hundred separate articles, all practical and useful, thus exposes one of the various forms of impositions:

"REV. WILSON' A HUMBUG.—We supposed we had exposed the person advertising over this name sufficiently to put all readers of the *Agriculturist*, at least, on their guard. But our newer readers may need a new caution, at least we so judge from several recent letters of inquiry. It may therefore be said in brief, that we have never yet been able to find 'Rev. Wilson.' He formerly claimed to have been a preacher in the 'New-Haven Conference.' This falsehood we nailed by reminding our readers that Methodists themselves never heard of any 'New-Haven Conference.' He now substitutes the 'New-England Conference.' His own advertisements in the *New-York Tribune* and *Times* he quotes in his pamphlet as if they were editorial indorsements from those papers. (They deserve this for even inserting his advertisements.) This so-called Rev.

Wilson (like all the rest of the class) pretends to great benevolence, and a desire to benefit the afflicted without charge. He sends a 'prescription' it is true, but while by specious statements he almost, or quite convinces the nervous suffering that his medicine will be their salvation, he is very careful to inform them that the medicine is very costly and difficult to get in a pure state, and that the safest way is to send him (the 'Rev. Wilson') *two dollars*, and fifteen cents more for postage, and get the genuine medicine. This is the practice of all these 'retired physicians,' retired clergymen, and other benevolent humbugs. That they deceive many, is evident, as they continue to expend very large sums in advertising."

It should be remembered that there is only one remedy for the class of ailments referred to—REST for the parts implicated—that is abstinence, temperance, and a building-up of the general health; not by tonics, but by a plain diet and a constant employment in out-door activities. Another heartless swindle and imposition in this direction is, that the very state of things which proves the vigor of the system is artfully presented as a symptom of decline. See "SLEEP." By Dr. W. W. Hall, New-York.

COFFEE SUBSTITUTES.

THE love of coffee is an acquired taste. Perhaps nine tenths of the families using it "burn" it almost to a coal, so that, in reality, any other burnt bitter would answer quite as well. In fact, multitudes in the far West, removed from markets, have become accustomed to use burnt bread-crust as a substitute, which certainly is not injurious, but it is a known fact that a cup of some mild, hot drink at meals is a positive benefit, while a glass of the purest cold water is as certainly an injury, especially to invalids and to all who do not have robust health.

The following substitutes for coffee have been collected, in all of which it is suggested, first, that the substitute be mixed with the genuine article, half-and-half; second, that in order to know what you are really drinking, roast and grind your own coffee. In this way only can you know that you are not imposed upon, or may not be drinking some cheap material, either filthy or poisonous.

1. It is said that three parts of Rio, with two parts of old government Java, well prepared, is quite as good, if not superior, to that made of the latter alone.

2. **WHEAT COFFEE.**—Wheat coffee, made of a mixture of eight quarts of wheat to one pound of real coffee, is said to afford a beverage quite as agreeable as the unadulterated Rio, besides being much more wholesome.

3. **RYE COFFEE.**—Take a peck of rye and cover it with water, let it steep or boil until the grain swells or commences to burst, then drain or dry it. Roast to a deep brown color and prepare as other coffee, allowing twice the time for boiling. Served with boiled milk. Wheat coffee probably could be made the same way.

4. **ANOTHER.**—Take some rye; first, scald it; second, dry it; third, brown it, and then mix it with one third coffee and two thirds rye, and then you will have as good a cup of coffee as you ever drank.

5. **SWEET-POTATO COFFEE.**—Take sweet potatoes, cut them fine enough to dry conveniently, and when dried, grind in a coffee-mill; dry them by the fire or stove, at this season of the year, or by the sun, when that will do it; grind and use one and a half tea-cupfuls for six persons, or mixed with coffee in such proportions as you like. Some omit half of the coffee, some more.

6. **BARLEY COFFEE.**—Take common barley, or the skinless, if it can be obtained, roast as you would coffee, and mix in such proportion as suits your taste. It is very good.

7. **PEA COFFEE.**—It is probably known to many that a very large per cent of the ground coffee sold at the stores is common field-peas, roasted and ground with the coffee. There are hundreds of thousands of bushels of peas annually used for that purpose. Those who are in the habit of purchasing ground coffee can do better to buy their own peas, burn and grind them, and mix to suit themselves.

8. **CARROT COFFEE.**—Is recommended by an exchange. Cut up, dry and grind, and mix with coffee in quantities to suit the taste.

9. **CHESTNUT COFFEE.**—Chestnuts, also, are said to make excellent coffee.

10. Dandelion root, dried and slightly scorched, never burned.

11. **CHICORY COFFEE.**—Equal weights of chicory and coffee, dried and roasted in the usual manner. The chicory root is raised as easily as carrots, and in exactly the same manner. To prepare the root, wash it clean, slice lengthwise in four to six pieces, according to size, cut in two-inch lengths, dry and keep in a dry place until wanted. Chicory is largely used to adulterate coffee in this country, and especially in Europe, 25 million pounds being used in England and France alone.

12. **EXCELSIOR COFFEE, (our own.)**—Half a cup of pure, new, farm-house milk, (such as is furnished to New-Yorkers by the Rockland County and New-Jersey Milk Association,) and while almost boiling hot, add to it as much boiling water, and when sweetened to suit, call it "coffee," and drink it down.

It is worthy of remark, that if the same preparation be provided for children for supper, and you simply call it "tea," they would not perceive any difference between it and the coffee for breakfast. After several years use of both, we have never been able ourselves to perceive the slightest difference.

BREAD AND BUTTER "TEA."

As usually ground, one hundred pounds of wheat yield from seventy-eight to eighty pounds of flour, but when "hulled" before grinding, it yields from ninety to ninety-five pounds. Connoisseurs of the table know that when the bare outside, thin skin of the potato is removed, the most nutritious part of the vegetable is the one fourth of an inch of the outer portion of it, more nutritious than the whole remaining inner part or core; so in wheat, the most nutritious part of the grain is that which is immediately outside of the kernel and adheres to the hull; hence the ten per cent of flour lost in the common mode of grinding, is the most nutritious portion of it. It is in this part, also, that weevils and other animalculæ lay their eggs, and such flour does not keep, while that ground of hulled wheat will, under the same circumstances, keep for years, looking fully as well, and is quite as agreeable to the taste.

BUTTER.—The best temperature for getting butter out of milk quickly, is sixty-eight degrees, ten times quicker than if at fifty-four. If cream is churned, it should be about sixty-eight degrees.

TEA.—Take pure soft water, make it boil rapidly, and the moment it has boiled, make the drawing of tea in the usual way, thus retaining the gas in the water, which gives that lifelike and sparkling quality so contradistinguished from "flat," "dead" drinks—dish-water, for example.

It is very certain that several years would be added to civilized life if, from infancy to age, nothing were eaten after dinner but a bowl of pure, fresh, sweet milk, and cold, light, or hot corn-bread for children; and for those over a dozen years of age, the "supper" should be made of stale, coarse, "light bread," with fresh butter made of rich milk, and a cup of hot tea; for children, made of boiled milk and hot water, half-and-half, with sugar, adding green or black tea in later years. The effect of such a "supper" would be to allow the stomach to rest at night, with the other parts of the body, by which it would be laying up a stock of strength to be expended on a hearty breakfast. The most unobservant know that a very hearty supper will inevitably be followed by a disturbed, dreamy, or otherwise unrefreshing sleep. Just as certain as any thing in nature can be certain, will a bad night's rest be succeeded by a weary waking up, with an entire day following of more or less discomfort; an irritability of mind or depression of spirits, while the body lacks that animation, vivacity and elasticity so inseparable from vigorous health, and without which life is pleasureless, if not actually burdensome. What an inconsideration it is, that for the small and literally momentary pleasure of swallowing a little "relish" of chipped beef, pound-cake, preserves, hot rolls, or ginger-bread, all of which tempt and lead on the appetite to excesses, we incur the discomforts just alluded to, at the expense of a sound sleep, a glad awakening, a glorious appetite, and a pleasurable day.

BEARDS.

THE wise and kind Infinite never made any thing in vain. Every created thing has not only its use, but its uses. Wearing the beard is no exception to the universal law. The beard was first mentioned thirty-three centuries ago, in connection with a Mosaic injunction, that it should not be "marred"—deformed. Its first great design, perhaps, was to distinguish the sexes, to inspire personal dignity, self-respect, and the deference of woman. The next great use is its influence in the preservation of man in those out-door exposures to winds, and cold, and dust, and accidents from which women are exempt, from its being more natural for her to remain in-doors in attention to domestic duties. Since we first mentioned, some five years ago, the advantages of keeping the mouth shut, as a preservative against colds, pleurisies, and pneumonias, by its sending the air to the lungs through the circuit of the head, thus warming it, a book has been written on the subject. The beard on the upper-lip is kept warm by its living connection with the body, and by the warm air constantly passing out of the nostrils; this warmth is imparted to the incoming air, and thus effectually prevents those dangerous shocks of cold driving in upon the warm lungs, which so often cut short human life in three or four days. The beard being warm, evaporates any dampness in the atmosphere, to a greater or less degree, and thus gives a purer air to the lungs; rendered still more pure by the dust, with which the air is always full, being detained in the meshes of the hair.

The throat and upper part of the chest are greatly exposed to cold; their imprudent exposure engenders some of the most fatal forms of disease, such as Bronchitis, Consumption, Diphtheria, and the like. The beard is an extraordinary protection against cold. The thinnest gossamer vail over the face will make the coldest winds endurable. Delicate and silken as the hair is, its protecting influence in keeping the scalp comfortably warm, is very impressively appreciated by those who have become bald.

Inconsistent as it may seem at first sight, the beard not only keeps the parts generally warm in winter, but by its evaporating influence, cools the parts wonderfully in the hottest weather, to say nothing of its breaking the force of the hot sun.

Another advantage of the beard is its power to break the force of blows and arrest the stroke of a cutting instrument against so vital and otherwise easily vulnerable a part as the throat. Many persons aggravate throat complaints by mufflers, wearing scarfs or extra covering about the neck; these do keep the throat warm, but in every change of position of the head or face, some part of the neck or throat is moved from the covering; the covering does not adapt itself to or follow the movement, hence the cold air rushes in upon that unprotected part and chills it; but the beard follows every motion of the head or face faithfully, and thus is the most perfect muffler that can possibly be devised. Nature's provisions can not be interfered with with impunity. The Orientals, who shave the head and wear the beard, suffer more from ophthalmia, an eye-disease, but have fine teeth. Europeans, who shave the beard and wear the hair, suffer but little from ophthalmia, but have very defective teeth; this last result may arise from the beard modifying the coldness of the air which passes into the mouth, thus keeping the temperature of the teeth more equal. The early Christian fathers denounced shaving as a violation of the law of God. The beard of John Mayo of Germany touched the ground when he stood upright. Steel-grinders, stone-cutters, engineers, firemen, and all others who work in dust, heat, or steam, should especially wear the beard. Daily shaving is an intolerable nuisance, a useless waste of time.

HOUSEKEEPING.

It may interest general readers to know the cost of housekeeping in New-York, among families in "moderate" or "easy" circumstances, exclusive of house-rent, dress, teachers' bills, and "summerings."

A family near Union Square, of nine persons, (five grown and four children under fifteen,) footed up the bills on the last day of 1861, as follows:

Green-grocer, (vegetables, fruits, poultry, etc.,).....	\$256
Grocer, (coffee, tea, sugar, etc.,).....	96
Cook,.....	96
Housemaid,.....	75
Coal and wood,.....	77
Milk,.....	76
Meats,.....	59
Gas,.....	36
Sundries, of ice, repairs to range, etc.,.....	29
	<hr/> \$800

This family lived in their own house; purchased all their supplies by the small quantity, excepting apples, flour, and fuel; as leaving less margin for waste, purloining and losses from decay of provisions; thus having every thing good and fresh of its kind. As to style and quality of the table: seven barrels of apples were provided in autumn; the flour always exceeded eight dollars a barrel; loaf-sugar was mainly used, except for pastries; butter averaged twenty-eight cents a pound; home-made bread; no liquors for drink; not a dollar for medicines; Java coffee roasted at home; tea, one dollar a pound; from three to four quarts of milk a day; nine gas-burners were lighted every night, sometimes ten or more, three of which always burned some all night; dessert of some kind every day, and more or less of company, eating and lodging, every week. Servants were required to be in bed before the clock struck ten; the area-gate was always kept locked; there were no perquisites of rags and soap-fat sold at two cents a pound, made of bacon, lard, and butter at forty cents; no cats or dogs were kept; neither ants, roaches, bed-bugs, nor mosquitoes. Servants were selected who had been at their "last places" several years; who were middle-aged; looked tidy all the time, especially the cook; had no relations, and few indeed, if any visitors. Nothing was kept under lock and key.

Thus a family of eight or ten persons may live in comfort, cleanliness, and health in New-York, for eight hundred dollars a year, for fuel, lodging, washing, lights, food, and drink; guarding against wasteful, dishonest, and *liberal* servants, late hours, and costly, early, or out-of-season dishes.

It is painful to know how many families strive desperately and yet unavailingly, to "get ahead" in New-York City; the failure arising too often from their setting out with a style of living which was decided on in ignorance of what it ought to be; in consequence of forming an opinion from those who were living beyond their means, or who had resources greater than their own; then the strife to "keep up," involves those excessive efforts, those anxious toils and corroding cares which eat out all the joys of life, undermine the health, and make a premature grave, leaving children with no other heritage but the necessities of the same toils and cares, with the same false ambitions, and to make of life a failure also! *May, 1862.*

A CENTENARIAN.

WE have just received a letter from "HUGH CULL," who was born at Havre de Grace, Maryland, in October, seventeen hundred and fifty-seven. In 1780 he went to the "West," which was then in Pennsylvania; twenty years later, he went to the "West" again, which by that time had moved itself to Lexington, Kentucky; a quarter of a century further on, he followed the "West," and found it in Wayne county, Indiana, where he has lived ever since. For three quarters of a century he has been a member of the Methodist Church, and for fifty-five years one of its ministers; "never wrote a sermon in my life, never used notes." His "circuit" was two hundred miles long and twenty broad, made in four weeks, preaching every day. Father Cull is five feet ten, weighs one hundred and sixty pounds, heavy eyebrows, and very black hair, never having changed its color. For the first fifty years of his life his chief diet was corn-bread and sweet milk. He never could eat any thing acid, not even a sour apple. His abstinence from any kind of food was not with reference to its healthfulness, but solely because he had no relish for it, hence does not eat boiled "viuctuals," and takes no vegetables or fresh meat. He is a very little eater, not fond of a variety. A little salt meat, bread, and very sweet coffee, constitute his main diet. He takes no stimulants, (liquor,) never spent a dollar for whisky; yet chews tobacco, "and always has." He sleeps more than almost any other man, goes to bed at dark and rises with the sun, winter and summer, always taking his breakfast late. Has worked on his farm for a living, never worked hard, but in moderation; is very confident that he never had any children—whether he had a wife, does not say. His sermons are always short and earnest. If he will only re-emigrate, we will promise him one of the largest and most *appreciative* congregations in New-York. He has lived in the same house fifty-two years. He has a cheerful disposition, and evidently is of an inquiring turn of mind, for in a postscript he wishes to know who baptized John the Baptist. No doubt this question has been "pestering" him for a hundred years. Will some of our double D'd readers vouchsafe the long desired information, and thus enable him to die with one less "weight on his mind?" The practical inquiry is, to what does this Father in Israel owe his great age and healthfulness? Plainly, to a simple mode of life; the moderate eating of such plain food as was agreeable to his taste; habitual, moderate daily labor on a farm, and an earnest industry in doing good to others, and striving to get better himself.

NEW-YORK, April 20th, 1862.

HEALTH THEORIES.

LET the reader turn to the Health Tract, No. 76, and see how at one fell swoop the thousand and one stupid theories of crude minds, brass faces and wooden heads, are knocked into a tee-totally cocked-hat. You dish-water vegetarians, see what fools you have made of yourselves! Here is a Centenarian who never ate vegetables, but always did eat animal food, either milk or meat from the moment of his first squeak. And ye loud blatant cold-water soakers! Here is a jolly old chap of a hundred and five, who never saw a bath-tub; whose only shower-bath was a pouring rain in trying to keep some appointment; whose only *douche* was swimming some swollen "creek" in his endeavor to be up to time at some log-cabin meeting-house. What will that sapient Ohio Conference now do, who last year debated the resolution, if indeed they did not pass it, that any man who chewed tobacco should not be allowed to preach the Gospel? And you rampant ravers who have screamed yourselves blue in the face to prove that hog-meat is the cause of all the scrofula in the world, what think you of Father Cull's testimony, that almost the only meat he ever ate was "salt-meat," a word which out West is the synonym of ham and bacon. And in this connection, just turn to our article on "Pork as Food," for January 1859. We are not partial at all, and would "just as lief" give ourself a kick as any one else, if a "smile" can be got out of it. We have been proclaiming for years, that one of the best means of preserving health, especially "out West," was to take an early breakfast; and here is a man who has kept himself "out West" for a hundred years, has persisted in taking breakfast "late," and even in "fever'n-agy-Ingiany," has never had a "shake" in his life. In fact, this "old feller" seems to have lived "just a purpose" to demolish all speculation; he is the great theory-annihilator. Where is the grape-man, too, who had a large vineyard, and printed a book for gullible New-York, showing that the most certain way of living to a good old age, if not longer, was to eat grapes all the year round; to him, also, old Father Cull is a perfect Mississippi snag, for he couldn't abide any thing sour, nothing acid, not even that of fruit. Why, then, has the old man persisted in living all this time? that's what we would like to know, for we are very anxious to live a good while. We are like Paul, the spirit may be willing, but the flesh is weak; it will prefer the leeks and onions on this side Jordan. Come to think of it, we are rather more of the same mind with the little old fellow living on the Jersey Flats. The doctor told him his time had come; then they sent for the minister, who told him he ought to get ready, and more, he ought to be resigned and be willing. "Are you willing, Zechariah, to go to the other world?" "Oh! yes, I'll go," said Zec, with a faint and sighful voice; "but I had rather stay here where I'm better acquainted."

But perhaps it was the coffee that has kept our venerable friend alive. We suggest the formation of a society for promoting long life, whose whole system of by-laws, rules, regulations and constitution shall be comprized in less than half a dozen words, easily remembered: DRINK WELL-SWEETENED COFFEE DAILY. Such a constitution is easily "expounded," can have but one interpretation, and is very readily carried into practice. Let a committee be appointed, with instructions to report progress on the first day of January, in the year of grace two thousand, and then have leave to report again, after a spell. The record which good old Father Cull has sent us of his life is very suggestive, as showing up a very common folly of weak minds, and there are multitudes of such in every department of human life, building theories of life and death, of human government and human conduct on single isolated facts. Facts are often falsehoods, because not taken with all their connections. Only whole facts are truths. It would be just as unfair to say that Father Cull has lived so long because he has always used tobacco, as it would be to aver that his great age is due to the fact that he never ate any thing sour, or that he never had any babies to keep him awake of nights, or gouge his eyes half out, or make digital explorations up his nostrils at day-light. The presumption is, that he lived so long because he had a good constitution to begin with; that the first half-century of his life was spent in industrious, useful and benign activities in the open air, combined with simple tastes, moderate appetites and as moderate an indulgence of the same. In short, he was a plain liver, a cheerful worker, and a good man from his youth up; and those of our readers who have an ambition to reach a patriarchal age, should, like Father Cull, live temperately and industriously, doing good always unto all men.

VACCINATION.

IN round numbers, and familiar fractions, of 70,000 Prussian soldiers vaccinated, or re-vaccinated, during 1860, 50,000 were successful—namely, “took.” Out of this whole number there was not a single case of small-pox, and only one of varioloid, showing what a perfect protection against small-pox effectual vaccination is; but as three out of four “took” after having been re-vaccinated, there is reason to believe that these might have taken varioloid or small-pox if they had been very directly exposed to it. As confinement to the house in winter makes “catching” diseases more dangerous, and as the virtue of the vaccination of childhood and infancy seems to be exhausted in many cases at puberty, parents who are wise will therefore promptly have every child vaccinated the second time on entering the fourteenth year, especially as it causes very little constitutional disturbance. The family physician should be applied to to use every effort to secure healthy vaccine matter. It would be humanity to make it an indispensable condition of admission into a public school to have a distinct vaccine-mark on all under fourteen, and a certificate of re-vaccination as to all who have entered their fourteenth year.

VACCINATION OF INFANTS, within a few days after birth, has been attended with accidents more or less serious, and sometimes fatal; and as small-pox is very rare in children under six months of age, it is best, in the case of private families, to defer the operation until the third month, except as to children in hospitals, or in other particularly exposed circumstances. Special efforts should be used to secure proper vaccine matter.

1. Take the lymph from a child not less than five months old.
2. The child's parents should be healthy.
3. The lymph should be taken previous to the ninth day of the existence of the vesicle.
4. Take no blood with the matter.
5. Never vaccinate over a dozen with the same supply, for fear it may have been from a diseased subject.

SUMMERINGS.

1. In going to the country to spend your summer, leave business behind, but take with you your entire stock of patience, courtesy, self-respect, and religion. Go as plain "John Smith, gentleman."

2. If you have the first claim to being well-bred, you will be the last person in the world to volunteer any information on the subject. If it must be told, let it be by your conduct; let your entire deportment prove that you are a lady or a gentleman.

3. Do not profess that you "know" Mr. Astor, Mr. Grinnell, Mr. Minturn, or other distinguished citizens, when your entire knowledge consists in their having been pointed out to you on the street.

4. Avoid claiming acquaintance with this or that family of note, when you only happen to have spoken to them on a rail-car or steamboat, or in some purely business transaction. An enterprising individual once claimed that he knew a distinguished judge very well. On inquiry it was found that the said judge had once sent him to the penitentiary!

5. If you have the first mite of common-sense, and really go to the country for recreation, enjoyment, and health, leave your best and second-best clothing at home; take only your common wardrobe, and but a small part of that; not only that the persons you "stop with" may feel more easy, but that you may feel freer yourself to scale fences, climb trees, scramble up mountain-sides, wade across creeks, penetrate forest tangles, and jump Jim Crow generally.

6. Never turn up your nose at any thing at the table; if you have the slightest disposition to do so, you may be sure it is a pug, and isn't long enough to turn. If you don't like a thing, let it alone; eat nothing, and by the next meal you may be glad to get any thing.

7. Remember that in going to the country a sensible man's object is neither to dress nor eat, chiefly, but to obtain mental repose, pure air, and unrestrained exercise.

8. Endeavor to conform, without apparent effort, to the arrangements of the family with whom you board, and to the manners and customs of the people around you, as far as they do not compromise your principles of good morals and good taste.

9. Be cheerful, be kind, be considerate, be accommodating.

10. Do not obtrude your political or religious sentiments.

11. Shun argument and controversy on any and all subjects.

12. Let your courtesy come out naturally; and if religious, don't be a Pharisee.

SCALDS AND BURNS.

ON the instant of the accident, plunge the part under cold water. This relieves the pain in a second, and allows all hands to become composed. If the part can not be kept under water, cover it over with dry flour, an inch deep or more. In both cases pain ceases because the air is excluded. In many instances nothing more will be needed after the flour; simply let it remain until it falls off, when a new skin will be found under. In severer cases, while the part injured is under water, simmer a leek or two in an earthen vessel, with half their bulk of hog's lard, until the leeks are soft, then strain through a muslin rag. This makes a greenish-colored ointment, which, when cool, spread thickly on a *linen* cloth and apply it to the injured part. If there are blisters, let out the water. When the part becomes feverish and uncomfortable, renew the ointment, and a rapid, painless cure will be the result, if the patient, in the mean while, lives exclusively on fruits, coarse bread, and other light, loosening food.

If the scald or burn is not very severe—that is, if it is not deeper than the outer skin—an ointment made of sulphur, with lard enough to make it spread stiffly on a linen rag, will be effectual. The leek-ointment is most needed when there is ulceration from neglected burns, or when the injury is deeper than the surface. As this ointment is very healing and soothing in the troublesome excoriations of children, and also in foul, indolent ulcers, and is said to be efficacious in modifying, or preventing altogether, the pitting of small-pox, it would answer a good purpose if families were to keep it on hand for emergencies—the sulphur-ointment for moderate cases, and the leek-ointment in those of greater severity, or of a deeper nature.

M U S I C

REFINES the taste, purifies the heart, and elevates our nature. It does more: it soothes in sorrow, tranquillizes in passion, and wears away the irritabilities of life. It intensifies love, it fires patriotism, and makes the altar of our devotion burn with a purer, holier flame. Not only man, but the brutes themselves have been restrained and charmed by the bewitching power which it possesses. And in the still twilight hour, when sweet, sad memories go back upon the distant past, and hover lovingly about the places where we played and the persons whom we loved, but now gone, in their youth and beauty and purity, to return no more, who does not know that the soul drinks more deeply in of the saddening sweetness when it breaks out in the soft, low notes of song, or the fingers instinctively sweep through diapasons absolutely ravishing? And when tedious disease has dampened the fires of life, has removed its gilding and written "vanity" on all things earthly; when wealth and fame and worldly honor are felt to be nothing; when the aims and ambitions and aspirations which were wont to rouse up all the energies of nature toward their accomplishment fail of their accustomed power, music renders the burden of sickness light, and makes us all oblivious of pain and suffering. For these reasons, that parent has largely neglected a religious duty, has been strangely forgetful of one of the highest of all obligations, who fails to afford his children, while yet young, all the facilities in his power for fostering and cultivating whatever taste for music they possess, whether vocal or instrumental; for in after-life, and through all its vicissitudes, those who practise it, in the love of it, when young, will find in its exercise a happy escapade in seasons of boisterous mirth, and thus increase the joy; in times of dependency, its expression will give encouragement; when difficulties oppose, it will inspire strength to overcome them, and when clouds of trouble gather around and above, hedging up the future, shutting out the blue sky of life, music can penetrate even Egyptian darkness, and let in upon the almost broken heart the sunshine of hope, of gladness, and of joy.

It is because of this view of the health-giving, happyfying, and refining influences of music, that in the progress of a high civilization its cultivation has become a profession, not only among those who give utterance to it in vocal symphonies, "almost divine," but among all classes.

MILK—ITS USES.

MILK is the natural and all-sufficient food of infancy, containing as it does all the elements of nutrition necessary for sustaining, repairing, and building up the new being; but as the little one gets the power to move its muscles, then crawl, and walk, and run, so much of the more solid portions of the body are worked out or used up by the friction of the complicated machinery, that milk alone can not supply the rapid wastes, and the instincts of the child call out in very decisive tones for more substantial aliment, and it greedily eats bread and meat. Nature herself weans the child from the all-absorbing love of milk, showing that it is the natural food only of infancy. The active and laborious, whether as to body or brain, soon find that they must have something more "solid" than milk.

Except in rare cases, milk as a chief or even large article of diet, is most pernicious to the sickly, the infirm, and the convalescent. And under any and all circumstances, it is necessary, when all its healthful and natural qualities are desired to be secured, as an aliment, that it should be drank while warm from its natural fountain; because, as soon as it loses its natural heat, it dies, it begins to decay, to decompose, unless, when milked, it is stirred well, until cooled, and then is put in a very cold place, or enveloped with ice, so that it shall neither freeze nor be warmer than fifty degrees. M. Flourens, a distinguished French physiologist, found in 1861, that if the animal mother is fed with madder, her own bones become tinged with its color, and also at length those of sucklings, although having no connection with the mother, except while at the breast. It would seem then that the body, the constitution of the suckling, is affected by what the parent eats and drinks. It therefore follows that the cow or other animal whose milk we use, should be healthy and should live on healthful food and in a *natural manner*! But a cow confined on ship-board, in the stable of a private citizen, or in the narrow stenchy stalls of the milkeries which supply cities, does not live a natural life, and can not by any possibility give natural, healthful milk; hence chemists and microscopists assure us, that when the milk of a confined cow is minutely examined, even immediately after milking, it exhibits globules of yellow matter, such as come from sores and ulcers. If this is true, it is a disgusting thought, and would seem to prove that no family ought to use milk, unless drawn from cows which roam in luxuriant pastures from one day's end to another, and that breathe a pure atmosphere winter and summer.

The infant feeds at the breast of its one mother; it would seem natural that when cow's milk is substituted, it should be from the same cow. It is reasonable to suppose, then, that bad milk is an agency of disease and death to multitudes, and especially of children in large cities; particularly in summer-time. Daniel E. Delavan, Esq., City Inspector of New-York, in his admirably arranged annual report shows, that of twenty-two thousand persons who died during 1861, three thousand three hundred were children under two years of age! Six thousand affectionate hearts lacerated beyond healing, for all time! It can not be known definitely what proportion of all this death and sorrow is traceable to bad milk, but that it is an important item can not be well disputed. Whatever it is, is avoidable simply by encouraging those milk-furnishing companies who, 1st, Deliver milk from cows fed in field and pasture. 2d. Who deliver milk daily to any one desiring it, from the same cow. 3d. Who cool the milk at the time it is drawn, and keep it cool until it is delivered at our doors for consumption. One company at least does this, *the Rockland County and New-Jersey Milk Association*, at 146 Tenth street, near Broadway, New-York, under the vigilant management of Mr. Canfield, and 1361 Broadway.

THE PLACELESS.

"THERE are fifty applicants for every vacancy, and no more will be received," was placarded on the Post-Office door on the inauguration of our new Postmaster the other day. In any large city there are a dozen applications; yes, a hundred! within half a day after the publication of any vacancy. On the incoming of a new governor or president, the "place" seekers are numbered by hundreds, thousands, and tens of thousands; and sometimes the "outside pressure" is so resistless, that the very highest officers in the government feel themselves obliged to favor persons who are strangers to them, in preference to men to whom they are under special and personal obligations, and whom they know to be fully qualified for all the duties of the station. Public men who have offices in their gift, often feel themselves compelled to bestow them on persons whom they know are not the best adapted to the position, as rewards for past political services, for present political influence, or for those conciliations of opposing parties which seem to them are indispensable to the situation of affairs. Yet opposed to these accepted applicants are men of integrity undoubted, of a refinement, of a culture, and of a once social position, which ought to guarantee success, brought to this suppliant attitude for "place" by sickness, by accident, by pecuniary revulsion, or by the perfidy of men, against which no human foresight could provide. Recently, a high name in this community, which five years ago wielded the wand of power in financial circles, was handed in for a "place" of trust and profit. Gray-headed and bald and bent, he craved the "influence" of influential men with hot tears; and after weeks and months of such debasement, and of agonizing suspenses, he failed of his object, the poor-house looking himself and helpless family full in the face. Young men and young women, within a week of this writing, have been driven into suicide, in New-York City, having vainly sought "places," until on the verge of starvation, and to escape it, took the rope and the poison. Why all this? Because they grew up without a positive occupation, without having been instructed in any handicraft. There's truth in Franklin's saying, that the "parent who brings up a son without a calling, teaches him to be a thief." Let that father then, who wishes to be assured that his son shall not languish in a penitentiary, or perish on a gallows, give that son a trade. Let the mother who desires to make it certain that the daughter she so much loves shall not pine away in some cheerless hospital, ay, some insane asylum, teach that daughter the perfect use of her needle, or better, the skillful handling of a sewing-machine; and more, how to keep a tidy house; how to prepare a comfortable meal; how to spread a well-appointed table—to do all these things with thoroughness. Such a young woman can never come to want; can never fail to find a well-paying place in this country. There are a thousand families in New-York any day, who would consider themselves "fortunate" in having such seamstresses, house-girls, nurses, and cooks, at twenty per cent higher wages than generally prevail. A good mechanic can always find work for his "victuals and clothes," with increasing wages as his fidelity and skill become known, and thus prevent that distressing sadness, that debasing cringing, that eating out all life's gladness, which wither the heart and waste away the health, until the friendly grave ends the torture.

CORN BREAD.

HAY, straw, fodder, etc., are what farriers call "roughness" to horses and cattle, as compared with a diet of oats or corn alone. Horses kept in the stable and fed on oats, soon become feverish and "bound," and unless relieved will die. Rough food, that is, hay and fodder, are the remedies. So coarse corn-meal made into bread, cakes, pies, pudding, etc., are the "roughness" as compared with eating the various preparations of fine flour. Many persons would be relieved of internal fevers, constipation, indigestion, and other similar ailments, if wheat-flour was discarded in whole, or at least in large part, and corn-bread with various corn-meal preparations were used instead, at every meal. It is generally thought that the corn-bread of the East is never so good as the corn-bread met with on Western tables. The chief reason perhaps is that in the East the corn is ground too fine, and there is something due to skill in baking. There are so many ways of cooking corn-meal, so many modes in which it can be served up on the table, that a person need not get tired of it for months in succession. Mrs. James O'Brien, of Carriek, Pennsylvania, makes her celebrated corn-bread thus: To two quarts of meal add one pint of bread-sponge; water sufficient to wet the whole; add half a pint of flour and a table-spoonful of salt; let it rise; then knead well for the second time, place the dough in the oven, and allow it to bake an hour and a half.

CORN GRIDDLE-CAKE.—Scald at night half the quantity of meal to be used; mix the other with cold water until it is a thick batter; add a little salt and set it to rise without yeast. This will make light, crisp cakes in the morning. The skimmings of boiled meat is the best to fry them with. Fry slowly.

CORN-MEAL PUDDING.—Cool one quart of mush with nearly as much new sweet milk, add five eggs, half a teacupful of sugar, one teacupful of flour, a little salt and quick yeast; bake one hour in moderately slow oven, and eat with sauce, or butter if no sugar is used.

CORN-MEAL PIES are made by Mary Williams, of Linn Co., Iowa, thus: Stir a small teacupful of very fine ground Indian meal into two quarts of boiling milk; when nearly cool add five beaten eggs, and sweeten to taste, like a custard, adding spice and orange-peel if desired. Bake with a crust like custard-pies.

OLD-FASHIONED HULLED CORN.—Shell a dozen ears of ripe, dry corn, put it in an iron kettle and cover with cold water; put in the corn a bag of two teacupfuls of fresh wood-ashes, and boil until the corn looks yellow and tastes strong of the alkali, then take out the bag and boil the corn in the lye over an hour, then pour off the lye, add fresh water and simmer until the corn swells. If the hulls do not then come off by stirring, turn off the water and rub them off with a towel; add more water and simmer for three or four hours, often stirring to keep it from burning; when it swells out and becomes soft and white, add salt to liking, and let all the water simmer away. Eat warm or cold with cream or milk. All these receipts require practice, skill, observation, and judgment. Mix two parts of new corn-meal with three parts of warm water, add one teaspoonful of salt, two teaspoonfuls of sugar, one large tablespoonful of hop-yeast; after rising five hours add three fourths of a pint of wheat-flour and half a pint of warm water; let it rise again for an hour and a half; pour it into a well-greased pan, let it rise a few minutes; let bake an hour and twenty minutes in a moderately hot oven.

CORN SWEET-CAKE.—Rub well together a teacupful of butter with two of sugar; five eggs, the whites beaten apart, one cup of sour milk, three of corn-meal, two of wheat-flour, half a nutmeg, with yeast enough to make it rise.

FAMILY INDIAN LOAF.—Two quarts scalding hot skim-milk, one tablespoonful salt, one quart corn-meal, stirred in by handfuls, two thirds pint of sifted rye-meal, stir thoroughly, then add one cup of cold milk, stirring smartly; after standing twelve minutes, bake five hours in a cast-iron basin, covered with another basin.

THE SABBATH REST.

No one muscle of the body, no one set of muscles can be continuously used, without an eventual paralysis, or total loss of power, until restored by rest. But if one class of muscles be employed for a time, then another, while the former is at rest, the two thus alternating may be kept in motion, without the slightest fatigue, for hours together. A child may even cry with the weariness from walking; but present him suddenly with a beautiful little wagon, and allow him to take hold of it and draw a companion over a smooth road, the offer will be accepted with alacrity, and the amusement will continue for a time equal to the walk, without any complaint of being tired; on the contrary, there will be a freshness of action, new and delightful. Many a traveler has rested himself from riding on horseback or in a carriage, by alighting and walking a mile or more; simply because a different combination of muscular action is brought into play; either a new set of muscles, or an action of the old ones in a different direction; all going to show that the muscular system, the whole body, will have rest, or must prematurely perish. Precisely alike is the law of the mind, whose faculties are various. A man who thinks intently upon a single subject becomes incapable at length of concentrating his thoughts upon that subject to advantage, and instinctively lays down his book, his model, or his pen, to take a walk. It is an observed fact, that a large number of professed students of prophecy become deranged; the world is full of monomaniacs, of persons who have so persistently thought of a single subject, that the mind has become permanently "unhinged" in regard to it. The attention of the French government has lately been drawn to the alarming fact, that "one in every ten of the scientific branches of the army finishes his course in a lunatic asylum, in consequence of the severe attention to mathematical training." The rector of the training-college of Glasgow says, from long and extensive observation, he "will undertake to teach a hundred children in three hours a day as much as they can possibly receive;" that is, when a child has been kept at study three hours, its brain becomes incapable of pursuing it further advantageously, until rested. These things show that unless mind and body both have rest, both will be destroyed; and to save both, Divine wisdom issued the precept, "in the beginning," "On the seventh day thou shalt rest." It was no arbitrary command; it was an injunction fraught with wisdom and benevolence; and in this sense was it that "the Sabbath was made for man;" made to save his body from premature wearing out, and his mind from fatuity, by diverting it for one seventh of the time from its ordinary studies and affections, and fixing it on a totally different class; taking it away from the wasting, wearing harassments and jarrings and anxieties of business, to employ it in the contemplation and worship of Divinity, to soothe, to elevate and sanctify; compelling us to exclaim in affectionate admiration, not only as to the laws of our physical, but as to those of our moral nature: "In loving-kindness hast thou made them all!" The observation of the laborer and the business-man will testify to the exhaustion which Saturday night always brings, and to the renewed alacrity with which business is hurried to on Monday mornings. The reflecting know that without the compulsory observance of the Sabbath-day, multitudes of helpless slaves, of defenseless apprentices, of dependent employés; the uncomplaining horse, and ox, and mule; would be driven to death! Who can deny after this, that the Bible Christianity is the poor man's friend? And yet how many malign that blessed book, and wage a relentless and life-long war against that religion!

D I E T I N G .

SOME persons eat themselves to death, others are dieted to death. When a man is sick he is weak, and concludes that as when he was well he ate heartily and was strong, if he now eats heartily, he will become strong again; well-meaning, but ignorant friends are of the same opinion, and their solicitations to eat become one of the greatest annoyances of a sensible invalid. Nature purposely takes away the appetite under such circumstances, and makes the very sight of food nauseating. A sick man is feeble; this feebleness extends to every muscle of the body, and the stomach being made up of a number of muscles, has its share of debility. It requires several hours of labor for the stomach to "work up" an ordinary meal; and to give it that amount of work to do when it is already in an exhausted condition, is like giving a man, worn out by a hard day's work, a task which shall keep him laboring half the night. Mothers are often much afraid that their daughters will hurt themselves by a little work, if they complain of not feeling very well; and yet if such daughters were to sit down to dinner and shovel in enough provender for an elephant or a plowman, it would be considered a good omen and the harbinger of convalescence. A reverse procedure would restore multitudes of ailing persons to permanent good health; namely, to eat very little for a few days; eat nothing but coarse bread and ripe fruits, and work about the house industriously; or what is better, exercise in the open air for the greater part of each day on horseback, in the garden, or walking through the woodlands or over the hills, for hours at a time. Objectless walks and lazy lolling in carriages are very little better than nothing. The effect of interested, absorbing exercise, is to work out of the system the diseased and surplus matter which poisons it; this relieves the stomach of the burdens imposed upon it, and allows it time to gain strength, so as more perfectly to convert the food eaten into well-made, pure, and life-giving blood. A weakly but faithful servant, in the effort to get through with a specified amount of work, may perform it all, but none of it is thoroughly done; whereas, if a moderate task had been assigned, all of it would have been well done; so a weak stomach, indicated by a poor appetite, may be able to convert a small amount of food into pure, invigorating blood; but if too much is eaten, the attempt to "get through it all" is made, blood is manufactured, but it is an imperfect blood, it is vitiated, and mixing with that already in the system, at every beat of the heart, the whole mass is corrupted, and "I am ailing all over" is the expressive description. In another set of cases there is a morbid appetite; the unhappy dyspeptic is always hungry; and finding that he feels best while eating, and for a brief space afterward, he is always eating and always dying. To hear him talk, you would imagine he could not possibly live long, and yet he does live and grows old in his miseries. Such may reasonably expect a cure. 1st. By eating very moderately at three specified times each day, and not an atom at any other; then in less than a fortnight sometimes these distressing cravings will cease. 2d. Spend a large portion of daylight in agreeable out-door activities.

WOMAN'S TRUE BEAUTY.

"I WAS glad to have it in my power to do any thing my husband wanted me to do," was the beautiful reply of a wife, long married, of wealth and position, when I asked her why, by over-taxing herself, she had induced great bodily suffering.

A man was terribly injured; a muslin bandage was essential to his safety; it was not at hand, and there was no time to run for it. A young woman present disappeared, and returned the next minute with the requisite article taken from her under-garment, and the poor soldier's life was saved.

On a bleak winter's night, a mere scrawl was handed in at the door, with a name known to fame; death was imminent. The patient was in a kind of out-house, back from the street. A solitary woman attended the unfortunate sufferer, silent, busy, anticipating every want, translating every gesture, almost before it was made. In the early morning, at noon, and in the dreary hours of darkness, she was always there; prompt, noiseless, vigilant, self-possessed. Day after day it was the same thing; and with all this, there was such a benignity in the whole demeanor, that I wanted to know her name and her relation to the patient, who had been abandoned by the dearest ties of humanity, and whose mental state was evidently as great a torture as that of the body. The tumultuous heavings of the mind and conscience were in sad unison with the ceaseless tossings of the emaciated frame, and the vain efforts of the restless, tearless eye to close itself in sleep. "I shall die if I don't sleep," was the constant, piteous exclamation! Lover and friend and daughter even kept sternly aloof from that miserable bed-side. She had heard of the hapless and abandoned sufferer, and for humanity's sake, supplied every want from her own purse, and continued so to do, for weeks and weary months, until death brought relief from the fearful combination of human sufferings. To do so much and for so long a time; to administer tireless personal attentions, and unstinted pecuniary aid to one so abandoned, without hope or possibility of reward, was the work of that angel of goodness, who has written so much and so sweetly in prose and verse—ALICE CAREY.

"My dear wife, I am hopelessly bankrupt," said a merchant when he entered his fine mansion, at the close of a day, all fruitless in his endeavor to save himself when men were crashing around him in every direction. "Tell me the particulars, dearest," said his wife calmly. On hearing them and his wants to save him, "Is that all?" and absenting herself a moment, returned with a book, from between the leaves of which she took out bank-note after bank-note, until enough was counted to fully meet all her husband's requirements. "This," said she, in reply to his mingled look of admiration and astonishment, "is what I have saved, for such a possible day as this, from your princely allowance for dressing myself, since we were married."

If every mother made it her ambition to mold her daughters' hearts in forms like these, who shall deny that many a suicide would be prevented; that many a noble-hearted man would be saved from a life of abandonment or a drunkard's dreadful death, and many families prevented being thrown upon society in destitution and helplessness, to furnish inmates for the jail, the poor-house, the asylum, and the hospital?

DEATH OF DEBT.

"THIS is the happiest day I have had in twenty years! I feel free," said one of the greatest ornaments of the District Court of the United States, to his sunny-faced child.

"What makes you feel so happy, papa?" asked the little girl.

"I am out of debt! I have paid the last dollar I owed in the world, and have been laboring with all my might for twenty years to work myself out of the miserable slavery."

On the first day of April, 1862, Mrs. F——, of S——, was awakened by a tap at the door early in the morning, her husband being in the army. She spoke a word to one of her children, and was a corpse! She thought it was the landlord come for his rent, and knowing she had not a dollar in the house, expected to be turned into the street.

The spacious halls of that fine mansion in a fashionable street in Boston, were lighted up for a gay party. The wife and two daughters had sent out their cards of invitation, and a joyous reunion of friends was anticipated. Already had they begun to assemble. At that very moment, the husband and father, having murdered his inexorable creditor, was burning to ashes the dead body of the unfortunate Parkman. It was not meant to intimate that debt would die; that the happy time would ever arrive when pecuniary obligation would become extinct; but that debt brought death, literal death, sometimes, and sometimes, what is far worse, an infinitely greater misfortune. Debt blunts and blights the finest sensibilities of our nature; it eats out the sweetest domestic affections; it blasts the moral character; it robs us of our manliness, and where there was once all that was noble, truthful, high-minded, there is nothing left but the charred waste of debased manhood, of contemptible prevarications, and mean concealments. The Demon of Debt! how it withers and wilts the beautiful flowers of conjugal love, of parental affection, and the holier emotions that belong to the Infinite One! How it poisons every gladness, robs every smile of its beauty, cuts up by the root every glorious quality of our nature, and makes of him who might have been a man, a poor, fawning, faltering, cringing wretch, waiting the creditor's utterances with the fears of a slave, with the trembling of a culprit; the fire has no warmth, the food no taste, the flower no beauty, the air no life, the sky no sun; the brain perceives nothing, the eye sees nothing, the heart feels nothing but the chill damps of the specter Debt, in the person of the creditor, that so looms up in the daytime as to shut out all the blue sky of life, and in the hours of sleep, sits like a horrid nightmare, with the weight of Pelion on Olympus piled. With these before him, who but an idiot could be induced to incur an indebtedness which there was not ample means on hand to satisfy, if necessary, within the hour?

LAW OF LOVE.

SAID an old man one day: "When I look back over the long pilgrimage of an eventful and not unsuccessful life, I can confidently say that I never did a kindness to any human being without finding myself the happier for it afterward. A single friendly act, cheerfully, pleasantly, and promptly done to a fellow-creature in trouble or difficulty, besides the good to him, has before now thrown a streak of sunshine into my heart for the remainder of the day, which I would not have taken a twenty-dollar bank-note for."

If such acts of thoughtfulness and consideration and humane sympathy were performed as we "have opportunity," the same "streak of sunshine," the same lightening up of the load of life would come to both giver and receiver, until after a while there would be sunshine all the time within us and without, dispersing physical as well as moral miasms, purifying the social and domestic atmosphere, warming the heart to still higher sympathies, and waking up the whole man to those activities which can never fail to preserve, maintain, and perpetuate mental, moral, and physical health, to a serene old age. These things are to be done at home and abroad, at the family table, the fireside, in the street, on the highway, in town, in country, by day and by night, always and every where, kindly and cheerily, whenever there is "opportunity;" to be done to the old and the young, to the rich and the poor, to the sick and the well, to the successful and the unfortunate, to stranger and acquaintance, to man and woman, enemy and friend, to every body and to every thing that breathes the breath of life. These sunlight-giving kindnesses can be done in multitudes of cases by a word, a smile, a look. And these cost so little, why should they not be thrown broadcast over the whole surface of humanity, in princely profusion, blessing as they do the giver as well as receiver, giving gladness to both, and a quiet peace which gold could never purchase, which diamonds of the purest water and gems of richest hue could not secure for the briefest hour? Men, women, children, all, wake up from this good hour, and make the "law of love" to all of human kind the pole-star of life, the work, the pleasure of your human existence; and in that triumphant hour when you shall be called to close your eyes on all things earthly, and open them on the realities of an eternal existence, the first sound that shall fall upon your delighted ear from the heavenly shore, will come from the King in his beauty, when he shall say: "Ye did it unto me. Well done!"

SOLDIERS REMEMBERED.

If you write to a soldier, friend, or relative in the army, using a common envelope and a sheet of foolscap-paper, you may also add, without exceeding the weight for which a three-cent postage-stamp will pay, as much tea as a teaspoon will take up twice, or as much black or cayenne pepper, such as is obtained from a good drug-store under the name of "Capsicum," as you can take up at once with a common teaspoon, and the smaller envelope of thin paper to hold either. Chewing the tea, a pinch at a time, every hour or half-hour, while keeping guard, or under circumstances of great thirst, or of excessive weariness or sleepiness, will enliven, will modify thirst, will invigorate, or will waken up to a grateful extent, considering the amount of tea used, and its perfect safety from ulterior ill results, such as follow the use of alcoholic drinks. But a heaping teaspoonful of genuine "Capsicum" is worth ten-fold its weight of tea-leaves, especially in summer, in many ways; for example, a single quarter of a pinch will save a man's life—that quarter of a pinch being put in a sleepy sentinel's eye. If it don't waken him up, and every body else within an Indian yell's distance, then it is not a prime article of capsicum. A single pinch in a glass of flat or warmish water will nullify these qualities, and besides satisfying thirst, will invigorate and effectually prevent that uncomfortable sensation arising from having drank largely of water. A good pinch, eaten at each meal, or whenever a cup of coffee or tea or water is swallowed, will always invigorate digestion, aids to prevent acidity, and is, besides, a great antagonist of the diarrhea, dysentery, flux, and "looseness," which are the great scourges of all armies. A level teaspoon of capsicum daily, taken in eating or drinking, or both, or if taken a pinch at a time during the day or night, would do more real good, and that without any ill result, than ten times the cost in rum and quinine, as a preventive against chills and fevers. Liquor and quinine initiate the soldier into intemperate habits; they will wake up a love, a craving, a slavery to strong drink, which pepper and water will never do. The latter invigorates like food, the former merely excites, then leaves weaker than before. A pinch of capsicum, which is simply pure cayenne pepper, will do a great deal more toward warming up a soldier, toward invigorating him, toward keeping him vigilant on guard, and toward modifying thirst or fatigue, than the best glass of grog ever swallowed. Capsicum goes farther, and is more efficient for all purposes, than black pepper; if by express or privately, send half a pound at a time, in a tin box. If you have nothing else to send in your letters, send a few pins, or a needle and some thread. Many have seen the time when a string or a pin would have been worth ten times its ordinary value. Write often to the soldier. Write long letters. Give all the news you can think of. Let every line be full of love; of kind, affectionate interest and encouragement. Be sure to inculcate a generous magnanimity toward those who oppose, *so as to have as few obstacles as possible to a cordial coming together again*, when that good time comes, as it certainly will, before long. We are all brethren, presently estranged, sons of the same sires, and, taking an enlarged view, the aggregate character is pretty well balanced.

BACK-BONE.

As light as one feather is, it will soon become completely flattened, if a thousand other feathers are piled upon it. But when a living substance is steadily compressed, it is destroyed, it is "absorbed," in medical language, and disappears. If a bandage is strapped around the stoutest arm, the parts under it will be reduced to skin and bone in a few days, if the bandage is gradually tightened, and that, too, without causing any special inconvenience. The back-bone, the *spinal column*, is composed of twenty-four alternate layers of hard bone, and a kind of gristle, which is soft, pliant, and compressible, like so much India-rubber, between each two bones. In the ordinary work of a day, the whole weight of the erect body pressing upon these elastic cushions, compresses them to the extent, that a good-sized man will be half an inch shorter at bedtime than he was on first rising in the morning. But if a person gets into the habit of leaning to one side, as some do, by carrying one shoulder higher than the other, or from want of energy, to sit and stand and move erectly, or from actual bodily debility—from either of these causes, the pressure on the elastic cushions, the India-rubber plates between the spinal bones, will not only tend to make the side of the cushion toward which there is the leaning thinner, by means of the greater weight, but also, by the law of pressure and absorption, thinner; that is, the whole cushion will be wedge-like, the thinner part of the wedge being on the side to which there is the leaning. If this leaning is kept up too long, the whole cushion will be absorbed, the bones themselves will begin to touch, and be absorbed also. This is *spinal disease*. If the cure is attempted before the bones touch, before all the elastic cushion has been removed by absorption, it may be effected; but when attention to the subject has been delayed until the bones meet, then a cure is hopeless. The principle of cure, in curable cases, is to relieve the pressure, by bending over on the other side, thus allowing the cushion to rebound by force of its inherent elasticity; and as this bending on the other side promotes absorption there, promotes the thinning process, while the opposite side gets thicker by its rebound, the equilibrium is soon restored, although the patient may not be quite so tall as before. The obvious practical inference is, that a perfect preventive of spinal deformity of this nature is an habitual erect position. But to make this an easy and practicable thing, an active life must be commenced; the person should be constantly on horseback or on foot, walking or working, for then an erect position may be maintained without weariness; but to endeavor to maintain it while at rest, in sitting, reading, writing, or sewing, is an unendurable weariness, or an impossibility. Walking with the head downward, or with a staff or cane, promotes a stooping position, and brings on an appearance of old age prematurely, not only by the effects upon the structure of the spinal column, but by throwing the weight of the body on the chest, thus compressing the lungs, diminishing their capability of receiving an adequate quantity of pure air, thus gradually purifying the blood less and less perfectly, until the whole mass of it becomes imperfect, impure, and diseased; then slight causes carry a man to the grave. An absolute preventive of all this is an habitual, persistent attention to the following rules:

1. Walk with the toes thrown outward.
2. Walk with the chin slightly above a horizontal line, as if looking at the top of a man's hat in front of you, or at the eaves or roof of a house.
3. Walk a good deal with your hands behind you.
4. Sit with the lower portion of the spine pressed against the chair-back.

REARING CHILDREN.

1. On entering the fourth year, children should not be allowed to eat oftener than once in four hours, but always in peace and cheerfulness.

2. Do not send a child to school, nor allow him to learn at home any thing more than the alphabet, nor commit any thing to memory, except the Lord's Prayer and a half-dozen short, simple, religious hymns, until the sixth year is completed, unless the child will have to "do something for a living" very early.

3. Allow nothing whatever to be eaten within two hours of bed-time.

4. The last meal of the day should be of cold bread and butter, with some mild, warm drink—say milk and water, half and half, sweetened, called "cambric tea"—or a bowl of bread and milk, or mush and milk, made of Indian (corn) or oat-meal. "Preserves," "cake," or other sweet-meats, are most pernicious.

5. Children should sleep in separate beds, on a straw or hair mattress, without caps, being careful to have the feet well warmed by the fire, stockings off; or if in summer, rubbed dry with the hand, washing them every other night. Have extra covering on the feet in cold weather.

6. Encourage them in every way; compel them, if necessary, to be out of doors, or in a large, clean, open, dry, cheerful room, for the greater part of daylight between breakfast and sundown. If the weather is damp or raw, especially at the close of the day, keep them in-doors. In late autumn, winter, and early spring, a child under ten ought not to be out later than an hour before sundown, except in constant, active motion; nine tenths of the cases of croup would be thus prevented.

7. If a child eats at regular hours, do not limit it, except at supper-time.

8. By all means let the child take the fullest amount of sleep. Never wake up a child, except in a day-nap; but be particular to have it go to bed at so early an hour regularly, that it shall wake up of itself in full time to dress for breakfast. Children, left to themselves, are never ready to go to bed, or to get up, in time.

9. Avoid the barbarism of keeping your child still, as long as it is doing no injury to property, person, or good morals. Motion of some sort is a physical necessity to young children; it is an unappeasable instinct. To repress it, by arbitrary commands, is a rebellion against nature and a cruelty to the child.

10. Never threaten a child. It is cruel, unjust, and dangerous. What you have to do, do it, and there make an end; but act deliberately, firmly, kindly, maintaining your own self-respect.

11. Never reprove a child in the presence of any third party; its self-esteem is wounded thereby, and a spirit of self-defense, of opposition, or even defiance is engendered.

12. Never make a positive promise to a child, unless you are perfectly certain you will be able to fulfill it.

13. Always give your child an affectionate greeting on coming home, even after a few hours' absence. It might have been brought to your door a corpse!

14. The most certain and most speedy method of ruining a child is to be forever laying down rules, regulations, and restrictions. At the earliest possible moment it will break away from all restraint.

15. Let nothing ever prevent you from sending your child to bed in a calm and loving and grateful frame of mind. It or you may die before the morning.

16. Be yourself all that you would have your child to be.

CHILD BEARING.

WHEN BEGAN WE?—We end never! for the soul is immortal, and can not die. When the soul's existence commences is as yet a conjecture. Nor can we tell when the immaterial first takes up its dwelling with the material; when the soul enters the body. But this we do know, that, at a point when the man that is to be is so minute as to require the microscope to determine whether it exists or not, the first faint outlines of the new being are defined to be a nervous system. The very first step cognizable to us, which nature takes to make a man a living soul, is to prepare the machinery, so to speak, through which that soul is to manifest itself. It is the nervous system which first begins to live, and to appropriate to itself those materials of growth which eventually become the human body and make a man. Nothing can be clearer than that the nervous system of the new being is connected with and is dependent on that of the parent, and that the hues, the impressions of the young, depend on the character of those of the parent. If, at this time, the parent is in perfect health, and so remains, it is fair to presume that the child will be born in perfect health, body and mind. These statements make the strongest possible appeal to all who may become mothers, to make it their constant study, their steady aim and effort, to secure a healthful condition of the body and a state of mind which shall be uniformly all that the mother desires the child to possess—piety, integrity, dignity, and an elevation of soul, which proves relationship to the Infinite. If the mother that is to be, wishes her child to possess vigorous manly health, she must cultivate the strictest personal cleanliness, extending to the most minute item pertaining to the human body; she must eat with regularity, not oftener than thrice a day; she must keep her feet, by all possible means, always dry and warm; her sleep must be early, and of the greatest abundance that nature can possibly take, out of daylight; one half of each day should be spent in open air activities; and nearly all the time of in-doors should be employed in cheerful, interesting, active work, constantly diversified, so as not to overtax one set of muscles, and leave others comparatively idle. The very best course to pursue is, to take a part in every thing going on, in fact, "every thing by turns, but nothing long." One of the most important items of advice that can be given in this connection is, that an hour or two should be spent in walking in the open air, at two or three different times, until the very last. Nothing so certainly and so safely, contributes to an easy deliverance. And these, with regular, daily, bodily habits, would add incalculably to the sum total of human happiness; whilst by their neglect, by simply passing the time in eating, lounging, and listlessness, in the wearing, irritating inactivities of a boarding-house, or hotel life, monsters in bodily shape, and imbeciles in mind, are constantly thrown out on society, to be disgusted by their presence, or to be taxed by their confinement in some insane asylum.

HOUSEKEEPING HINTS.

HEALTH is impaired, and even life lost sometimes, by using imperfect, unripe, musty, or decaying articles of food. The same money's worth of a smaller amount of good is more nutritious, more healthful, and more invigorating than a much larger amount of what is of an inferior quality. Therefore, get good food, and keep it good until used. Remember that

Fresh meats should be kept in a cool place, but not freezing or in actual contact with ice.

Flour and meal should be kept in a cool, dry place, with a space of an inch or more between the floor and the bottom of the barrel.

SUGARS.—Havana sugar is seldom clean, hence not so good as that from Brazil, Porto Rico, and Santa Cruz. Loaf, crushed, and granulated sugars have most sweetness, and go further than brown.

Butter for winter use should be made in mid-autumn.

Lard that is hard and white, and from hogs under a year old, is best.

Cheese soft between fingers is richest and best. Keep it tied in a bag hung in a cool, dry place. Wipe off the mold with a dry cloth.

Rice, large, clean, and fresh-looking is best.

Sago, small and white, called "Pearl," is best.

Coffee and tea should be kept in close canisters, and by themselves. Purchase the former green; roast and grind for each day's use.

Apples, oranges, and lemons keep longest wrapped close in paper, and kept in a cool, dry place. Thaw frozen apples in cold water.

Bread and cake should be kept in a dry, cool place, in a wooden box, aired in the sun every day or two.

All strong-odored food should be kept by itself, where it can not scent the house.

Bar-soap should be piled up with spaces between them in a dry cellar, having the air all around it to dry it for months before using; the drier, the less waste.

Cranberries kept covered with water will keep for months in a cellar.

Potatoes spread over a dry floor will not sprout. If they do, cut off the sprouts often. If frozen, thaw them in hot water, and cook at once. By peeling off the skin after they are cooked, the most nutritious and healthful part is saved.

Corned beef should be put in boiling water, and boil steadily for several hours.

Hominy or "samp" should steep in warm water all night, and boil all next day in an earthen jar surrounded with water.

Spices and peppers should be ground fine, and kept in tin cans in a dry place. A good nutmeg "bleeds" at the puncture of a pin. Cayenne pepper is better for all purposes of health than black.

Beans, white, are the cheapest and most nutritious of all articles of food in this country. The best mealy potatoes sink in strong salt water.

Hot drinks are best at meals; the less of any fluid the better. Any thing cold arrests digestion on the instant.

It is hurtful and is a wicked waste of food to eat without an appetite.

All meats should be cut up as fine as a pea, most especially for children. The same amount of stomach-power expended on such a small amount of food, as to be digested perfectly without its being felt to be a labor, namely, without any appreciable discomfort in any part of the body, gives more nutriment, strength, and vigor to the system, than upon a larger amount, which is felt to require an effort, giving nausea, fullness, acidity, wind, etc.

Milk, however fresh, pure, and rich, if drunk largely at each meal, say a glass or two, is generally hurtful to invalids and sedentary persons, as it tends to cause fever, constipation, or biliousness.

DURATION OF LIFE.

THE average duration of life of man in civilized society is about thirty-three and a third years. This is called a generation, making three in a century. But there are certain localities and certain communities of people where this average is considerably extended. The mountaineer lives longer than the lowlander; the farmer than the artisan; the traveler than the sedentary; the temperate than the self-indulgent; the just than the dishonest. "The wicked shall not live out half his days," is the announcement of Divinity. The philosophy of this is found in the fact, that the moral character has a strong power over the physical; a power much more controlling than is generally imagined. The true man conducts himself in the light of Bible precepts; is "temperate in all things;" is "slow to anger;" and on his grave is written: "He went about doing good." In these three things are the great elements of human health: the restraint of the appetites; the control of the passions; and that highest type of physical exercise, "going about doing good." It is said of the eminent Quaker philanthropist, Joseph John Gurney, that the labor and pains he took to go and see personally the objects of his contemplated charities, so that none of them should be unworthily bestowed, was of itself almost the labor of one man, and he attended to his immense banking business besides; in fact, he did too much, and died at sixty. The average length of human life of all countries, at this age of the world, is about twenty-eight years. One quarter of all who die do not reach the age of seven; one half die before reaching seventeen; and yet the average of life of "Friends," in Great Britain and Ireland, in 1860, was nearly fifty-six years, just double the average life of other peoples. Surely this is a strong inducement for all to practice for themselves, and to inculcate it upon their children day by day, that simplicity of habit, that quietness of demeanor, that restraint of temper, that control of the appetites and propensities, and that orderly, systematic, and even mode of life, which "Friends" discipline inculcates, and which are demonstrably the means of so largely increasing the average of human existence.

Reasoning from the analogy of the animal creation, mankind should live nearly an hundred years; that law seeming to be, that life should be five times the length of the period of growth; at least, the general observation is, that the longer persons are growing, the longer they live; other things being equal. Naturalists say,

A dog grows for	2	years,	and	lives	8
An ox	"	4	"	"	16
A horse	"	5	"	"	25
A camel	"	8	"	"	40
Man	"	20	"	should live	100

But the sad fact is, that only one man for every thousand reaches one hundred years. Still it is encouraging to know, that the science of life, as revealed by the investigations of the physiologist and the teachings of educated medical men, is steadily extending the period of human existence. The distinguished historian Macaulay states, that in 1685 one person in twenty died each year; in 1850, out of forty persons, only one died. Dupin says, that from 1776 to 1843 the duration of life in France increased fifty-two days annually, for in 1781 the mortality was one in twenty-nine; in 1853, one in forty. The rich men in France live forty-two years on an average; the poor, only thirty. Those who are "well to do in the world" live about eleven years longer than those who have to work from day to day for a living. Remunerative labor and the diffusion of the knowledge of the laws of life among the masses, with temperance and thrift, are the great means of adding to human health and life; but the more important ingredient, happiness, is only to be found in daily loving obeying, and serving Him "who giveth us all things richly to enjoy."

S E R E N I T Y .

"FRIENDS," commonly known as *Quakers*, as a class live longer than any other persons in the world. The very name of "Quaker" brings up before the mind the personification of equanimity, composure, and quiet dignity. The serene command at once our confidence, our respect, and our love. The brave are serene, and so are the good. In fact, serenity is our highest dignity; it is godlike! And as we should aim to be like Him, in all the qualities possible to man, it is our duty to cultivate serenity, not only because it promotes length of days on earth, and happiness, but does much toward preparation for that after-life whose duration is endless and whose quality is bliss! That serenity of mind is a cultivatable characteristic, is demonstrated by the existence of Friends' Society. Their founders were as other men in birth and habits and propensities; but convictions of certain moral and practical truths came upon them, and they emerged into a new life; they "put off the old man with his deeds," and thereupon framed to themselves a new garb, a "moral dress," which makes them stand out in the world a distinct and an admired people. Peace is a fundamental faith of theirs, and peace is serene. Temperance in all things is another article in their creed, and temperance is serene. Even-handed justice toward all of human kind is the polar-star of their practical faith, and justice is serene. By the practice of these serenities themselves, and by their inculcation upon their children, they have, in half a dozen generations, made it an almost inheritable virtue. While we should cultivate serenity of heart and mind, for the benign influences which it can not fail to have on ourselves and on those with whom we associate, we should be deterred from the neglect of cherishing a quality so divine by keeping in mind the evils which hourly befall those who give a loose rein to the natural man. The great and good Washington is known to have been an extremely irritable man in early life, but he schooled himself to become as calm as a summer's sea in his later years. Our children should be early taught to look calmly at all things, to speak calmly of all things, and judge calmly of all things, and thus avoid those habits of conversational exaggerations, of hasty judgments, of ridiculous praises, and of demoniacal vituperations which so commonly prevail, and which are at once a disgrace to the head and heart of the multitudes who are chargeable in this regard. The want of this self-control, of this calm looking at trouble and at joy, lays us all liable to death without a moment's notice! Mr. P—— died the other day in this city from "some words with a gentleman, which excited him greatly." "He was a man of varied abilities, and had held many high and responsible situations," and might have held them for many years to come had he possessed one other "ability," that of serenity. Mrs. G——, "a lady of high social distinction," on hearing that her nephew had been elected to Parliament, died under the excitement of the gratifying intelligence. Let us then practice ourselves, and teach it to our children, to look at all things, to think of all things, to speak of all things

"SERENELY."

D I A R R H E A .

THIS word means, literally, a “*running through*,” and as applied to the human body, in connection with a diseased condition, its expressiveness is easily seen. Whatever a person eats or drinks seems to pass through the system very soon, and with comparatively little change.

Simple diarrhea is the passing from the bowels of a watery, lightish-colored substance, in considerable quantities, at several times during the twenty-four hours, sometimes with pain; always leaving a sense of weakness, which makes sitting still a deliciousness, as if it would be a happiness to know that there would be no occasion ever to get up again.

If blood is passed instead of a thin, light-colored liquid, it is then *Dysentery*, or “Bloody Flux,” accompanied with a frequent desire to stool, without being able to pass any thing, with a sensation so distressing, that the Latins called it *Tormina*, literally a “torment.” If, on the other hand, the discharges are frequent, imperative, in immense quantities, thin as water almost, and of a lightish color, without any pain whatever; that is genuine cholera—Asiatic cholera. It is quite sufficient for all common, practical purposes, to say that diarrhea, dysentery, and Asiatic cholera are one and the same disease, differing only in intensity. Diarrhea is a watery looseness; dysentery is a bloody looseness; cholera is an immense watery looseness.

In diarrhea, there is not much pain, necessarily. In dysentery, there is a great deal of pain inevitably. In cholera, there is *never* any at all as to the bowels. In diarrhea discharges always succeed inclination. In dysentery there is a most distressing inclination, with no satisfactory, no relieving discharge.

In cholera, desire is followed always by immense and relieving discharges. In all these, there is one never-failing circumstance always and inevitably present, and never can be absent, under any conceivable circumstances—it is the quenchless instinct of nature calling for absolute rest, bodily quietude, and without that rest, a cure is always impossible, and death an inevitable event.

There is in all these a remorseless thirst. Nature then calls for two things, to satisfy her longings for rest and drink, and if these two things are done *with sufficient promptness*, there is a perfect cure in nine cases out of ten. Perfect quietude on a bed, and chewing ice, swallowing as large pieces as possible, until the thirst is perfectly satisfied, is all that is necessary in any ordinary attack of either of these three diseases. To make assurance doubly sure, keep the abdomen tightly bound around with two thicknesses of woolen flannel, eating nothing but boiled rice, with boiled milk, in ordinary cases; if more violent, let the rice be parched black as coffee usually is, then boil and eat it; or what is still more efficient, put a pound or more of flour in a linen bag, boil it two hours in milk, take off the skin, dry it, grate it into boiled milk, and eat it freely, and nothing else, until the disease is checked. If these bowel-complaints are checked too promptly with laudanum, paregoric, or opium, fatal convulsions take place in a few hours, as to children, and incurable congestion or inflammation of the brain in grown persons. As bowel diseases are the scourge of all armies in the fall of the year, these suggestions should be widely circulated.

M I A S M .

THE scourge of camps, especially in the fall of the year, is an emanation from the surface of the earth, most virulently poisonous at sunset and sunrise, throughout the United States, the more so southward, and is called *Miasm*, sometimes more specifically, "Marsh Miasm." Formerly, (and perhaps now,) the steps of St. Peter's at Rome were covered every night with sleeping harvesters, who spent the day in cutting and gathering the grass and grain in the Pontine and other marshes, and broad, flat, damp fields, around the "Eternal City," because, ignorant and degraded as they are, they know that to sleep in those fields, even under cover, is certain sickness, and in thousands of cases death itself in a few days, by malignant fevers or wasting bowel-complaints. The noisome fumes of carrion beasts are pure polar winds, in comparison to the deadly effects of a miasmatic atmosphere, which, while it is being breathed, appears so deliciously cool and fresh and pure, that scientific intelligence can scarcely (and often does fail to) break the victim away from the fatal spell. But miasm is under certain laws, and medical investigation has ascertained with certainty several of these, and the means by which this invisible but deadly agency may be deprived of its power to harm or to destroy. In ordinary circumstances, in our latitudes, persons may sleep out of doors in miasmatic districts, without injury, if between the times of an hour or so after sundown, and as long before the succeeding sun-rising; while from an hour after sunrise, until near the succeeding sunset, being the day-time, it is not hurtfully present. It is only for the hour or two, including sunrise and sunset, from August until November, or two or three good frosts, that armies should be most on their guard against that invisible and entrancing foe, which has slain a thousand times more soldiers in all past times, than sword, bullet, and cannon-ball, by the bowel-complaints, and fevers, and epidemics, and plagues, which it has the power to engender. There are three agencies which always will perfectly and safely antagonize all the ill effects of Miasm, to wit: 1st. A good warm meal; 2d. Heat; 3d. Cold. It is curious to notice how each of these acts differently. Cold only paralyzes miasm, for, like the frozen adder, it comes to life to destroy as soon as it is warmed. Heat, continuously applied, sends the miasm to the clouds, hence its innocuousness in the heat of the day every where; while a hearty, warm breakfast or supper makes the system impervious to its effects, makes it invulnerable, repels its deadly onslaught. Miasm arises from only one source, and that is a combination of three familiar agencies, each one of which must be always present, or its generation is absolutely impossible, namely, heat over eighty degrees acting on vegetable substances which have moisture; or heat, vegetation, moisture. Any individual may escape the effects of miasm by invariably taking a warm breakfast an hour before sunrise in the morning, and a warm supper awhile before sundown; or a pint of hot coffee, or any kind of hot tea or milk, or simple hot water, with a thimbleful of cayenne pepper in it; but a regular meal lasts much longer in its antagonizing effects. Kindling a brisk fire in the sitting-room, to burn for the hour including sunrise and sunset, will protect any family from fall epidemics; and the same will be done for armies, by keeping the camp-fire burning during the nights along the streets of tents, a million times better than quinine and whisky.

HABIT.

BURKE relates that for a long time he had been under the necessity of frequenting a certain place every day, and that, so far from finding a pleasure in it, he was affected with a sort of uneasiness and disgust; and yet, if by any means he passed by the usual time of going thither, he felt remarkably uneasy, and was not quieted until he was in his usual track.

Persons who use snuff soon deaden the sensibility of smell, so that a pinch is taken unconsciously, and without any sensation being exerted thereby, sharp though the stimulus may be.

After a series of years winding up a watch at a certain hour, it becomes so much a routine as to be done in utter unconsciousness; meanwhile the mind and body are engaged in something entirely different.

An old man is reported to have scolded his maid-servant very severely for not having placed his glass in the proper position for shaving. "Why, sir," replied the girl, "I have omitted it for months, and I thought you could shave just as well without it."

We are all creatures of habit, and the doing of disagreeable things may become more pleasant than omissions; showing to the young the importance of forming correct habits in early life, to the end that they may be carried out without an effort, even although at first it may have required some self-denial, some considerable resolution to have fallen into them.

But if doing disagreeable things does by custom become more pleasurable than their omission, then the doing right, because we love to do what is right, becomes a double pleasure to the performer in the consciousness that, while he is yielding allegiance to his Maker, he benefits his fellow-man, and can not get out of the habit of well-doing without an effort and a pang. Thus are the truly good hedged round about, and are more confirmed in their good doing, and its practice becomes easier and more delightful the longer they live, helping them to go down to the grave "like as a shock of corn cometh in his season."

But if there is something in the fixedness of good habits that binds us to them, there is the same thing as to the evil. Thus it is that when a man has arrived at the age of forty-five years, he seldom changes his opinions or his practices, which, if they are evil, become more and more fixed. Thus, what a man believes and practices at forty-five, he is likely to believe and practice till he dies; and there is small hope of his conversion to different views and different deeds, and the Ethiopian's skin, or the leopard's spots are his forever. The man, therefore, who is not a Christian — by principle, and profession, and practice — at that age, should regard his condition "with fear and trembling," for it is most likely that he never will be one.

These principles are equally applicable to our physical nature—to bodily health. Habits of regularity, temperance, cleanliness, and exercise become a second nature in the course of years; their performance a pleasure, their infraction a discomfort; while the use of beverages of ale, beer, cordials, cider, and other drinks containing alcohol, or the employment of tobacco in chewing, smoking, or snuffing, and the over-indulgence of the propensities, becomes a slavery, an iron despotism, which in the end debases the heart, undermines the health, and destroys life, making a miserable wreck of soul, body and estate together.

SOLDIERS CARED FOR.

OUT of one thousand soldiers, one hundred and four are sick ; this is the constant proportion, as reported by the Sanitary Commission. The autumn always increases the number, by reason of the hot days and cool nights, causing diarrheas and dysenteries, of every shade and degree. One yard and a half of stout woolen flannel, fourteen inches broad, worn, from August to November, tightly and constantly around the abdomen, in such a way that it will be double in front, with bits of tape strongly sewed on one end, and about one yard from the other, according to the size of the person, for convenience of tying, would do more toward preventing bowel-complaints among our brave and self-denying soldiers, than all known human means besides. This simple device arrested the onset of cholera, in three days, in one of the largest divisions of the Prussian army, when the terrible scourge last visited Europe. Let every family who has a member in the army, forward such an article on the instant of reading this ; if you can do no better, send an old worn petticoat, for, by reason of its softness and pliability, it is better than any thing else. Let every mother who reads this, and who may have no son or other relative bravely battling for the perpetuity of our glorious Union, send one abdominal bandage, to be given to some worthy soldier who has no mother, no sister, no wife, to exercise these kindly cares for him. And let the generous rich, of whom there are so many among us—the Astors, the Aspinwalls, the Minturns, the Stuart Brothers, and those like them—be assured that it is impossible to spend an equal amount of money as efficiently, in any other way. One man who has been in the army twelve months is worth *now* two raw recruits ; hence one dollar's worth of good woolen flannel for one of them, or even an old petticoat, by keeping such soldier healthy in the field, will be worth more than the fifty dollars bounty paid for the two recruits, under the present exigencies of the case.

Winter is coming ; let the sisters and mothers of the soldiers begin to knit two or three pairs of thick woolen socks, to be forwarded to each son and brother by the first of October ; let the toes and heels be double knitted, or sheathed with the blue cloth of some worn-out coat or pantaloons, cautioning the soldier to keep the toe-nails closely trimmed, so as to prevent the cutting of the socks.

Begin *at once*, and put up in quart tin cans, to be forwarded *at intervals*, (for if sent in large quantities at a time, they will be wasted or too lavishly used,) pickled cucumbers and cabbage. Onions are represented by physiologists to be among the most wholesome and nutritious of all the vegetable products, besides their immediately invigorating and enlivening effects. If a gallon of onions could be sent to each soldier, once a month, in addition to a quart of pickled cucumbers or cabbage, scurvy, already beginning to manifest itself, would be unknown. And if it could be felt how grateful a quart tin can of preserved berries, tomatoes, or fruits, would be to a soldier who does not see such things, preserved or fresh, sometimes for months together, their sisters, and mothers, and cousins, and wives would spare no little pains to prepare a good supply for months to come, and would begin to send them on the instant.

S O R E S

ARE accidental or spontaneous. They sometimes heal readily; at others, they resist all known remedies, and last for months, years, and even to the close of life. Many persons appear in perfect health, and yet, on inquiry, it will be found that they have had running sores on some part of the body for many years. If a person is in good health, and a sore is made by a bruise, scratch, splinter, or otherwise, it will heal of itself rapidly; but if an invalid, or if of a feeble constitution, the sore will be a long time in healing, and may prove very troublesome. Persons who drink alcoholic liquors have very little healing power, and a slight bruise or abrasion of the skin will be weeks and months in getting well. The men who work about the London breweries drink large quantities of ale and beer every day, and when they get to be forty or fifty years old, the scratch of a pin sometimes becomes fatal; and very slight bruises or cuts are healed with the greatest difficulty.

An abrasion of the skin, where there is but little flesh, as on the "shin," very often becomes a running sore for life, because there is little vitality in the part. A gentleman of wealth, in getting into his carriage, had a slip of the foot, and the fore-part of the leg scraped against the iron door-step; it inflamed, spread, ulcerated; mortification took place, and he died. He drank liquor habitually. The healthiest persons should carefully protect any sore on the fore-part of the leg from being rubbed by the clothing. Never allow the "scab" to be picked off; let it fall off of itself.

Sores sometimes come without apparent cause. It is because the blood is "bad," is in a diseased condition, and nature is making an effort to throw it out of the system. The person is apparently well, has a good appetite; tries this thing, that, and the other, but nothing seems to do any good. And nothing will do any good, besides keeping it clean and moist, until nature has relieved herself, until the blood has "run itself" pure; and then the sore heals without any agency. Very often at this turning-point a person happens, on advice, to smear on a little goose-grease, or other inert material, and the sore gets well—not as a consequence, but as a coincidence—and thereafter, until life's close, goose-grease with that individual becomes a famous remedy, is "good for" sores, and every thing else. The sore in such cases has prevented an attack of fever or other sickness. On the appearance of any sore, it is wise to begin at once, and eat nothing but fruits and coarse bread; keep the body clean, and exercise more freely in the open air, and thus aid nature in working off the offending matters. Life is often lost by healing up a running sore rapidly. It should never be done, unless at the same time the system is kept free by the use of laxative food or medicine. Under such conditions, the most incorrigible scrofulous sores may be soon and safely healed, thus: first wash the sore well, then apply with a brush or soft rag, twice a day, the following: put one ounce of aquafortis into a bowl or saucer; drop in two copper cents; when effervescence ceases, add two ounces of strong vinegar. If it smarts too severely, add a little rain-water.

GREED OF GOLD.

WHEN Napoleon, about 1811, desired to build a palace for the King of Rome, near the barrier de Passy, the shop of a poor cobbler, named Simon, stood in the way. Simon having learned what was going on, demanded twenty thousand francs for his tenement. The administrator hesitated a few days, and then decided to give it; but Simon, goaded by the god of gain, now asked forty thousand francs. This sum was more than two hundred times its value, and the demand was scouted. An attempt was made to change the frontage, but being found impossible, they went again to the cobbler, who had raised his price to sixty thousand francs. He was offered fifty thousand, but refused. The Emperor would not give a franc more, and preferred to change his plans. The speculating son of St. Crispin then saw his mistake, and offered his property for fifty thousand francs, forty thousand, thirty thousand, coming down at last to ten thousand. The disasters of 1814 happened, and all thoughts of a palace for the King of Rome were abandoned. Some months after, Simon sold his shop for one hundred and fifty francs, and in a few days after the sale was removed to an insane asylum; disappointed avarice had driven him crazy.

"There was an old man," says an Eastern parable, "who had abundance of gold; the sound of it was pleasant to his ears, and his eye delighted in its brightness. By day he thought of gold, and his dreams were of gold by night. His hands were full of gold, and he rejoiced in the multitude of his chests; but he was faint from hunger, and his trembling limbs shivered beneath his rags. No kind hand ministered to him, nor cheerful voices made music in his home. And there came a child to him, and said: 'Father, I have found a secret. We are rich. You shall not be hungry and miserable any more. Gold will buy all things.' Then the old man was wroth, and said: 'Would you take from me my gold?'"

Many years since, a seafaring man called at a village inn on the coast of Normandy, and asked for supper and a bed. The landlord and landlady were elderly people, and apparently poor. He entered into conversation with them, invited them to partake of his cheer—asked them many questions about themselves and their family, and particularly of a son who had gone to sea when a boy, and whom they had long given over as dead. The landlady showed him to his room, and when she quitted him, he put a purse of gold into her hand, and desired her to take care of it till the morning—pressed her affectionately by the hand, and bade her good night. She returned to her husband, and showed him the gold. For its sake they agreed to murder the traveler in his sleep, which they accomplished, and buried the body. In the morning early, came two or three relations, and asked in a joyful tone for the traveler who had arrived there the night before. The old people seemed greatly confused, but said that he had risen very early and gone away. "Impossible!" said the relations. "It is your own son, who is lately returned to France, and is come to make happy the evening of your days, and he resolved to lodge with you one night as a stranger, that he might see you unknown, and judge of your conduct toward wayfaring mariners." Language would be incompetent to describe the horror of the murderers, when they found that they had dyed their hands in the blood of their long-lost child. They confessed their crime, the body was found, and the wretched murderers expiated their offense by being broken alive upon the wheel.

A London shipping merchant, on a beautiful May morning of 1862, was found dead in his chamber, with so horrible an expression on his countenance, that the persons who first entered the apartment instinctively turned away their faces in uncontrollable terror. Death had given him but a minute's notice, but it was a minute of sane consciousness that he was leaving four millions of dollars; that he would instantly stand before his Maker, to give an account of his stewardship; and that through a long life he had made it his boast and a consistent practice: "I never bestow a penny in charity."

Strive, reader, against the "greed of gold." It is a merciless tyrant, and in the end not only kills the body, but destroys the soul.

“PRESERVES”

ARE sometimes deadly poisons, in consequence of the improper material of the vessels in which they are made or are contained. If made in copper or brass kettles, the utmost and closest attention should be given, to see that every spot the size of a pin should fairly glisten by vigorous and thorough scouring. But even this will not avail if the preserves themselves are imperfectly sweetened, or are not thoroughly cooked. A defect in either case will result in corroding the cans or jars in which they are put for keeping. This corrosion makes chemical combinations which are fatal to life, or lay the foundation for long, distressing, and obscure diseases. The only perfectly safe preserve-jar is that which is made of glass. All others ought to be discarded. They are cheap, more easily and more perfectly cleaned, and with reasonable care, will last a lifetime. And as every family with any claim to thrift, respectability, and hospitality, aims to have more or less of “preserves” for the winter months, the fact of having safe “preserves,” as to health, is of very general interest; otherwise they are no “preserves” at all, but “destructives” alike to health and even life. It certainly would be better to have none at all, for they tempt us to eat when we do not feel much like eating, especially at tea-time, and thus aid in making many miserable dyspeptics; but as “thrifty housewives” will have them, it is well to instruct the public as to the best means of having them free from actual poison. It is to be hoped that no intelligent, conscientious person will keep preserves in any other vessel hereafter than those of glass. The jars should be made of “blown,” not pressed glass, and if uniformly thin, are less liable to break by the fermentation of their contents.

But as external air will cause fermentation, every jar should be made perfectly air-tight. Cork alone can never do this, unless a trench is dug in a good cellar and the filled jars are put in, mouths down, and then well covered with earth or sand. A better plan is that advised by the *Scientific American*. Waxed cloth tied over the jar is a substitute at once cheap and effective, and we have never found anything superior to it. Prepare the cloth thus: melt together some rosin, beeswax, and tallow in equal parts; tear the cloth in strips four inches wide, or at least wide enough conveniently to tie over the mouth of the jar, and dip these strips, drawing them through the hot wax and stripping nearly all the wax off. With cloth thus prepared, after the jar is filled with hot preserves, and while still hot, close the mouth and bind it on with good linen cord. Then with shears trim off as much of the waxed cloth as is desirable, and then dip it in some melted wax, which should be made with only about half as much tallow. Sealing-wax may be used instead if desired. The jars should be put where the wax will cool at once, so that the exhaustion, caused by the cooling of the preserves and the condensation of the steam, may not cause the wax to run through the cloth. Nothing can be more thoroughly air-tight than bottles so prepared.

Self-sealing air-tight glass jars, which are now so common, are the best vessels for securing preserved fruits, but the above is good advice to those who have plenty of common glass jars and bottles.

SUNDAY DINNERS.

MANY a man has the courage to march to the cannon's mouth, and yet fails to resist over-indulgence in eating. He who has an intellect peerless among the generation in which he lives, becomes an imbecile at the dinner-table. The great Jonathan Edwards endeavored for two years to eat only as much as would meet the wants of the system; but day after day he found himself conquered; day after day he made the same record of these attempts—"failure!" For two years he went to his meals each day, resolving he would not eat too much; for two years he came away from the table forced to confess his convictions that he had "exceeded." When he had eaten a decent dinner, his common sense told him to desist; but then his uncommon sense would step in and say: "I shall be somewhat faint if I leave off now." So he would not leave off, and "in three minutes afterward I am convinced of excess." If such great minds have so little control over their appetites, it can not be wondered at that the less gifted, that the masses should abandon themselves to over-indulgence in all their propensities. Excess in eating may be avoided by taking three regular meals a day (nothing between) in a private room—having such an amount sent as observation shows can be eaten, and still leave a desire for more. For fifteen years that was the practice of that beautiful character and eminent philanthropist, Amos Lawrence, of Boston. There is wisdom and health in the practice of some who habitually avoid eating meat of any kind every Friday. A better plan still, quite as sure of religious profit as of physical advantage, is to take nothing for breakfast or supper on the Sabbath-day but a piece of cold bread and butter, with a single cup of weak coffee or tea, or other hot drink, taking at one P.M. a single bowl of any kind of soup, with the crust of cold bread broken into it. This can be taken to the utmost amount desired, for the nutritious material in it is so small that the sense of oppression induced by an equal bulk of a promiscuous meal is not experienced, or if so, it is slight, momentary, and harmless. If such a system of eating were adopted in families on the Sabbath, taking not an atom of any thing between meals, an amount of human suffering and sickness would be prevented, which to the multitude would be absolutely incredible, could it be expressed in numbers. Let the reader try it for a single day on himself, and see if he will not have a feeling of wellness on that and the succeeding day, which is delicious in its physical results, and prevents the indecorous and overpowering sleepiness which is so antagonistic of the profitable and enjoyable service which is proper to the sanctuary. It was an expressive saying of that gifted and model minister and man, the Rev. Dr. James W. Alexander, that "too many of us, by reason of 'Sunday dinners,' were more like gorged anacondas than any thing else, and thus became totally unfit for the afternoon service." He who deprives the body of one day's rest in seven, a Divinity has ordered in wisdom and mercy, will always suffer for it sooner or later now and hereafter; so the man who gives the stomach no rest, never will live out his appointed time, and will be miserable while he does live.

MARRIAGE.

MARRIAGE is the natural state of human kind. There never can be lasting good health without it ; it is an impossibility, except combined with criminal practices. A person may live in good health to the age of twenty-five, but if marriage is deferred beyond that, every month's delay is the eating out, more and more, the very essence of life, and the worm of certain disease and premature death burrows the more deeply into the vitals. On the other hand, marriage not later than twenty-five, prolongs life. It was for this reason, noticed some three thousand years ago, that the ancients dedicated a temple to Hymen, the god of youth ; that is, "to the deity which prolongs youth." Men and women get older more rapidly when they remain single, and die off more rapidly ; the men from falling into dissipated habits and irregularities. The woman, true to nature's instincts, and living in her purity, grows less and less vivacious, and by slow degrees settles down in inaction, in feebleness, and premature decline.

As long as a man is unmarried, he feels himself unfixed, unsettled ; and keen business men consider him insecure, because he can any day pack up his trunk and disappear. The most magnificent swindlers in Wall street, those for the very largest amounts, were unmarried men.

There has always existed, from very early ages, a general and almost instinctive prejudice against those who remain unmarried after thirty. Lycurgus legislated against celibacy, and Cato outlawed female celibates at twenty-five, and bachelors of thirty-five. It was a creed of the earlier nations, that the souls of those who died unmarried, were doomed to eternal wanderings.

In the present state of society, if the daughter should be encouraged to marry at twenty-one, and the son at twenty-five, vigorous health and moral purity would be promoted thereby. Pride and cowardice join in delaying marriage ; but let the fearful statistics of the larger cities of the world tell the sad story of demoralization. In Milan there are thirty-two illegitimates out of every hundred children born ; in Paris thirty-three, in Brussels thirty-five, in Munich forty-eight, in Vienna fifty-one.

Out of every hundred suicides, sixty-seven are single, thirty-three married.

Of the hapless insane, out of one hundred and seventy-two, ninety-eight were single, seventy-four married.

Celibacy is a constant cause of premature death. Of one hundred and twenty who are forty-eight years old, eighty will be married, only forty single. In one hundred single men, only twenty-two will live to be sixty years old. Of one hundred married men, forty-eight will live to that age. Of a dozen men of eighty years, nine will be married, three single. Not only marry young, but marry out of your family. The effects of marrying cousins, for example, even to the third degree, are fearful to contemplate. Of one hundred and fifty-four cousin-marriages, in Dublin, there were one hundred deaf and dumb children. Dr. Bnxtton, of Liverpool, states, that in one hundred and nine such marriages, each family had one deaf and dumb child ; thirty-eight of them had two deaf mutes ; in seventeen there were three ; three had four ; one had six ; one had seven, and one had eight deaf mutes — that is, two hundred and sixty-nine children born deaf and dumb, to one one hundred and nine cousin-marriages. The consanguineous marriages in France are two per cent of the whole population. Of their children, twenty-eight per cent are deaf mutes in Paris, twenty-five at Lyons, thirty at Bourdeaux ; while as to the Jews, twenty-seven per cent of the offspring of such marriages are deaf mutes, one sixth per cent of Christian parents ; Jews oftener marrying blood relations.

In England, where Bible teachings more than in any other country prevail, and discountenance consanguineous marriages, as well as private profligacy, only six per cent of such children born are deaf mutes, instead of thirty, as when the English do marry relations, they are more distant ; and only six per cent of those born are illegitimate, instead of fifty-one per cent, as the direct result of the teachings of that blessed book.

BEAUTY A MEDICINE,

NEVER before prescribed in any book or newspaper or magazine, but known in the silent experiences of millions to be almost miraculously reviving, and which, if unexpectedly "exhibited," (the official expression for giving a dose of medicine,) would be more instantaneously and safely efficient in the dreary hospitals and barracks, where so many of our poor soldiers, brave and patriotic, are languishing day after day, by waking up the sinking or exhausted powers, than all the pills and potions in the universe. In its good effects it is infallible, perfectly safe, and always unmistakably agreeable; it thrills the whole man, physical and moral, with delight. In one respect it is curiously different from any other medicine. A single pill, potion, or powder of the apothecary serves only for that once and for a single individual, but this new medicine, which, as far as we know, HALL'S JOURNAL OF HEALTH is the first to bring definitely into public notice, goes a-great way; it is capable of infinite (not "infinitesimal") extension; it goes further, by a million times, than the Hahnemann's millionth "dilution." The same potion will benefit each of a thousand sick soldiers as much as it will benefit one; and that identical potion can be used by any other thousand soldiers, and other continuous thousands, with the same happyfying results. The greatest drawback is, that it is not the most plentiful thing in the world; still, it is more or less abundant in any five miles square of cultivated soil. When the hospital-surgeon takes his regular daily morning rounds, let him be followed by

A pretty girl with laughing curls.

That is all, reader; and it is a sober truth, every word of it. But to make a more specific and practical application, let half a dozen girls, tidily dressed, with countenances beaming with youth and gladness and genial sympathy, pass through the wards of any hospital of soldiers at a regular hour every morning, each having on her arm a large basket of *small* bouquets, so as to go the further, and each followed by a servant with a hamper filled with baskets of berries; a basket or a bouquet to be handed to each patient by the sweet visitors, accompanied with a single, kind, sympathizing or encouraging word. The unexpected sight of a beautiful little flower in the desert, waked up into courageous and life-saving effort the desponding and dying Mungo Park. A ship's crew, cast away on the bleak and frozen shores of the Arctic sea, dug out of the dreary snow-bank the handle of an old pewter spoon, and on turning it over and seeing the name of "London" on it, which they had left three years ago, they burst into tears, and with these came new resolves to brave all dangers until danger should be past, which they did. The sight of an old bonnet, in the early days of California, unexpectedly come upon by a company of sad and weary and disappointed miners, so roused their sinking spirits, that with a yell and a hurrah they formed a ring, and with uproarious songs, danced around the dilapidated remnant of a higher civilization. Within a week, a gifted lady presented a clean muslin handkerchief to a sick soldier in the hospital. With his trembling fingers he spread it out before him, and buried his face in its folds in silent, long, and inexpressible delight. When one of the public schools sent a cart-load of bouquets, deputing a dozen or more of the prettiest scholars to distribute them among the sick soldiers in the Park barracks, a month ago, the effect was so electrical and overpowering on the men, expressed in various ways, that some of the bystanders could not refrain from tears. And all this because both the flower and its bearer carry the mind back to home, its sweetness, its purity, its affection, and its sunshine, and wakes up a new ambition for life and a determination to live down the present sorrow, so as to drink in again the joys and the sunshine of home once more. These are sober facts, scientific facts, founded in human nature, and they ought to be made use of. Who does not know that such a visitor, expected at a given hour at any hospital, would be an event to be looked for with pleasure, and would be prepared for by greater and greater attempts to make and improve the toilet more and more early in the day? An influence would go out more efficacious than any exhortation or command or threat in promoting tidiness and cleanliness on the part of the soldier himself. It may seem a trifling joke, but it is a sober reality, and could not possibly fail of a largely beneficial application. Why, a dying patient was once waked up into life from the fatal lethargy of typhoid by the sudden and unexpected entrance of an old sweetheart. Beauty is a power; we feel it in our bones every time we come in sight of it; and we verily believe that the older we get the worse we are in this regard. Wonder if it is so with other young men of our age?

SMALL-POX.

It should be distinctly kept before the minds of the people that vaccination is an almost perfect preventive of small-pox until the age of puberty, (say fifteen,) but that after that time it becomes less and less efficacious until twenty-five, when the system becomes less susceptible to the disease up to thirty-five, when the predisposition to small-pox seems to die out altogether. The specific inference is, that every child ought to be re-vaccinated on entering the fifteenth year.

To show the preventive power of vaccination, statistics prove that before vaccination, or even inoculation, was practiced or known in Boston, to wit, 1721, (the year of its first trial in England by Lady Mary Wortley Montague on her own daughter,) one half of the entire population lay sick of the disease at the same time, and one out of every twenty-seven died of it—which, at the same rate, would kill over thirty thousand persons in New-York City alone—while the total deaths from all causes in a single year was less than twenty-three thousand. In 1792, forty-six per cent—forty-six persons out of every hundred, in Boston, had small-pox at the same time. But a few years later, when vaccination was generally practiced, many city physicians did not see a single case of small-pox in a period of twenty months, and during a period of twenty-eight years less than three persons a year died of small-pox in Boston. During that time the law was, that any person having small-pox should be at once conveyed to a house for that purpose, removed from all other habitations. But in 1838 that law was repealed. From this cause, together with a growing inattention to vaccination, the influx of foreigners, and the more crowded conditions of dwellings, small-pox is becoming more common; and ninety persons died of small-pox the very year after the above law was repealed, and three hundred and eighteen died of it during the twenty-one months ending October, 1860. There ought to be a law compelling vaccination within a year after a child's birth, and a re-vaccination on entering the fifteenth year. One of the greatest difficulties in the way of securing vaccination and re-vaccination, is the want of facilities for getting pure vaccine-matter from a perfectly healthful subject—there seeming to be a very general impression, groundless as is supposed, that the vaccine-matter from a diseased subject will communicate that disease to the person vaccinated, or will in some way have a deleterious effect on the constitution. Some water-cure journals, which are generally read by ignorant and uninformed persons, these unfortunately being the large majority in all communities, have disseminated the doctrine that vaccination is rapidly scrofulizing the civilized world—one of those dogmatic, impudent assertions, which a reckless ignoramus is very capable of making. Reckless enough to say any thing, without having sense enough to prove any thing. It is merely offered as a suggestion, that the Legislature should appoint an educated, experienced, and respectable physician in each county-town and in each ward of every city, whose duty it should be to keep a pure matter always on hand, and who should be paid by the State for every successful vaccination or re-vaccination made. The subject certainly merits the prompt attention of the authorities.

PARENTAL TRAINING.

WISELY affectionate and considerate parents will steadily aim to have every thing about the household so conducted, that their children in after-life may look back upon their father's house with associations full of gladness and sunshine. But in doing this, they will often find themselves conniving at disobedience, winking at neglects, and permitting improprieties, exposures, and risks, which can not be commended. They are often inclined to allow indulgences on which their little hearts are set, which are neither judicious nor exactly right, and quite often are they disposed to risk their safety or their health in order to gratify them. But nothing is more certain to make a home unhappy than when the members of the family are not brought up to daily self-denials; to mutual accommodations, and almost hourly helpings; to promptitude, method, order, and system in all things. Where these things are in common, there is affection, neatness, comfort, cleanliness, convenience, leisure, and general enjoyment. On the other hand, there always will be rudeness, recriminations, bickerings, hurry, waste, unthrift, sooner or later, and a general want of domestic comfort and enjoyment, where the children are but little restrained, are allowed to do pretty much as they please; where personal gratification is their only law; where ease and comfort in all things is considered as a matter of course, however much to the inconvenience and the rights of others. I was in daily association with a family of this sort, in very early life, and of five sons who were lavishly supplied with the means of every personal gratification from early childhood, one brother became a double murderer, then killed himself, in which latter respect two others followed his example.

In many little ways is increased labor imposed on servants, and necessary sleep curtailed; and at the same time are the cares and anxieties and annoyances of affectionate parents unnecessarily added to by a careless child, who soils a newly laid table-cloth or clean garment; who leaves the clothing in the spot where it was doffed; the wash-stand is left all bespattered, the basin filled with dirty water, the comb and brush encumbered with hairs and dandruff and grease; while pins, strings, and soiled clothing are scattered about in every direction, to be gathered up and arranged and left fit for use again by other hands. Pity be to the girl who finds a husband, and most unfortunate is the young man who takes a wife, from such a family. Let parents be assured that the more their children are waited on, the less they will learn how to help themselves, the more worthless will they become, the more miserably selfish, the more destitute of any high moral sense, and the more certain to be wholly unfit for any useful place in life. To make a household happy now, and to secure happy recollections of the past, let an *influence* go out from the parents, silent and steady, more powerful than authority or command, which will secure order, system, punctuality, and promptitude, on the part of every member, each one leaving a thing in its place, and fit for immediate use by another, all aiming to help one another as much as possible, and to give no unnecessary or unjust trouble to any of the household, in all things acting with quietude, patience, and kindly courtesy.

WHITLOW.

It is sufficiently near the truth for general practical purposes to say, that a real genuine "whitlow" is a "boil," low down, next the bone, under the "whit-leather"—shall we say a boil under the white-leather, as the origin of the name? This ailment is generally at the ends of the fingers, inside, and is usually caused by pricks, bruises, and burns, but not always; for it has sometimes gone through whole neighborhoods, like measles, mumps, or cholera, and prevails more in winter and cold latitudes. If it is above the whit-leather or *fascia*, a whitlow causes comparatively little suffering; but most to those who, by hard work, keep the skin of the palm and fingers hard, thus making it more difficult for the "boil" to "break," that is, more difficult for the matter to make an opening and escape from the system. These get well of themselves, without leaving any permanently ill effects, if the system is kept free, if the part is kept moist and warm, and nothing is eaten for a few days but bread and water, fruits, and gruels or soups. But real whitlows, namely, where the boil is *below* the white or *whit-leather*, (*fascia*,) become a perfect and unendurable torture, and often cause the decay of the bone or the permanent loss of the use of the finger. To prevent this, and to give instantaneous, permanent, and safe relief, there is only one method which never fails. Get a physician to cut down to the bone, first in one direction and then another, making a cross, the object being to let out the pent-up matter, just as a common boil ceases to pain as soon as the skin is broken and the matter is let out. The matter of whitlow is more perfectly emptied out if, after this "crucial incision," the part is held in warm water for half an hour or more, and is then kept moist and warm by any sort of poultice; and that material is best which keeps moist the longest. There are multitudes of "remedies" for whitlow in the newspapers, every one of which, for real whitlow, is fallacious or impossible; that, for example, of tying a cord around the finger, to "starve it to death," by cutting off the supply of blood, just about equal to a tooth-drawing operation protracted during twenty-four hours! There is nearly always constipation, and the greater the constipation the greater the agony of a real whitlow; hence this should always be removed by injections, or better still, by the free use of coarse breads and fruits and berries, in any and every shape or form. The spot of a superficial whitlow or boil soon begins to turn yellow, but in the deep-seated or only real whitlow, after days and nights of intense pain and violent throbbing of the part, there is no yellowness, the skin is merely swollen or red; besides, the pain of a real whitlow seems to be down to the bone itself, deep-seated, and not near the surface.

SLEEP AND DEATH.

As men begin to be about fifty years old, especially if of sedentary habits, the feeling on rising in the morning is as if they had not gotten enough sleep, not as much as they used to have, and as if they would like to have more, but they can not get it. They look upon a healthy child sleeping soundly with a feeling of envy. But it is curious to observe that there is a bliss to all in the act of going to sleep, a bliss we become cognizant of only when we happen to be aroused just as we are falling into sound sleep; and there are strong physiological reasons to suppose that this state is a counterpart of that great event which is to come upon all, the act of dying. In fact, those who have in rare cases been brought back to life when on its extremest verge, and in several cases as to those who have been recovered from drowning and other modes of strangulation, or simple smothering, called "asphyxia" by physicians, the expressions have been, on coming to consciousness: "How delicious!" "Why did you not let me go?" An eminent name, thus brought back, represented that the last-remembered sensations of which he was conscious were as if he were listening to the most ravishing strains of music. Let us all then cherish the thought that our approach to the sleep of the grave is the strict counterpart of the approach to sleep, of which some nameless writer has beautifully said: "It is a delicious moment; the feeling that we are safe, that we shall drop gently to sleep. The good is to come, not past. The limbs have been just tired enough to render the remaining in one position delightful, and the labor of the day is done. A gentle failure of the perceptions comes slowly creeping over us; the spirit of consciousness disengages itself more and more, with slow and hushing degrees, like a fond mother detaching her hand from that of her sleeping child; the mind seems to have a balmy lid closing over it, like the eye, closing, more closed, closed altogether! and the mysterious spirit of sleep has gone to take its airy rounds." May such be the physical "bliss of dying" to you and to me, reader, with the spiritual added, ten thousand times more ineffable.

From Dr Hall's book on "Sleep." \$1.60. P. P.

SOLDIER-HEALTH.

THE Sanitary Commission have reported that the general rate of disablements by sickness in the army is one hundred and four persons out of one thousand; whereas, only thirteen out of a thousand should be sick at any one time in common life. A Massachusetts regiment, after being a year at the seat of war, has lost no more men from all causes than would have been the case under the ordinary circumstances of home life. A New-York City regiment, after three months of camping, lost but one man out of eight hundred, and he had heart-disease before he left home. But it was a regiment whose average of intelligence and culture was perhaps the highest among the whole Federal force. Both these cases show that camp-life is not necessarily fatal to health or life to a remarkable extent, and that the exercise of an intelligent care on the part of each individual soldier may almost banish disease from an army. And if the officers would coöperate with the men, would encourage them, and do all in their power to facilitate their efforts in this direction, the cost of the war and its duration would be most favorably modified. It is true that only one result is possible, even if Washington were laid in ashes, and the enemy were besieging New-York and Boston—the annihilation of the “Confederacy;” still it is desirable to do this in the shortest time and at the least cost of life and treasure. To bring this about in the most enduring manner, *while the government is wisely waiting on events, until the proper moment arrives for the grand consummating act*, let each soldier for himself, and each soldier’s friend at home, and each patriotic officer among too many who are not so! do all that is possible to keep the army in the very highest state of health; because health is efficiency! Just as Lord Nelson’s ship was leaving England, he discovered that the flannel shirts of the men were six inches shorter than they ought to have been, and refused to go until the proper kind were furnished. He was ridiculed and called an “old granny.” The result was, that while the rest of the fleet was decimated, he did not lose a man! and “his ship, in efficiency, *was as good as* any two others!” Aside from the dictates of humanity, a soldier’s health should be the highest consideration of any officer who hopes to accomplish great results.

If any one item of health in a soldier is of greater importance than any other, it is a sound condition of the feet. It can not easily be over-estimated. It is the very first of the four great needs of a soldier—good feet, good stomach, good head, and a good heart, that is, loyal to the core, to the authority and honor of his country. To have good feet, there should be good shoes and plenty of walking. A soldier’s shoe should, not have a high heel, should be made straight on the inside, to give the great toe room to spread out to the fullest; the soles should be abundantly wide, and not too thin. Good food; wearing woolen flannel all over next the skin, winter and summer, the latter most especially; dry bed-clothes; and the most complete ventilation, that is, a constant re-supply of out-door air every second, night and day; these are the grand points to be aimed at, with large fires kindled at sun-down in and around encampments, and kept burning until sunrise. These precautions would save nine out of ten of all the disablements of the army, including both sickness and wounds; for the astounding testimony was given as to the British army in the Crimea, (see SOLDIER-HEALTH, p. 142,) “where one man was under the surgeon’s hands for wounds, twelve were under the doctor’s for typhus fever, dysentery, and some other diseases brought on by bad food, bad camping arrangements, and the crowding and *avoidable* dissipation of the men.”

With these views, we have prepared an abridged edition of 32 pp. of “SOLDIER-HEALTH,” (full edition, 25 cts.,) for 5 cts.—40 cts. per dozen, \$2.50 per hundred, \$20 per thousand—containing upwards of one hundred plain, short, explicit directions for soldiers, given in full in the following pages of the JOURNAL, which those who do not file the numbers can send to friends in the army. Additional copies will be re-furnished to subscribers by mail, at ten cents each.—Sept. 2, 1862.

SOLDIER ITEMS.

SWALLOWING POISON.—Stir in a glass of water a heaping teaspoonful each of salt and kitchen mustard, and drink it instantly—this will empty the stomach in a minute. To antagonize any poison that may be left, swallow the whites of two or three eggs; then drink a cup or two of very strong coffee, or as much sweet milk or cream, if impossible to get coffee.

POISONED VINES.—Apply a paste made of gunpowder, or sulphur, with milk; renew night and morning, until cured. Live on gruel, soups, rice, and other mild food, having the bowels to act twice a day.

SIGNS OF DEATH.—Bury no man unless his head is off, or the abdomen begins to turn green or dark, the only sure signs, but always sure, of actual death. If there is haste, cut off a toe or finger, which would wake up the slightest spark of life left.

TO STOP BLEEDING.—Four or five drops of Perchloride of Iron will check completely the flow of blood from all except the largest arteries; half a teaspoonful will arrest even their bleeding. Each non-commissioned officer should have two ounces of this in a flat tin bottle, wound around with a little cotton batting, on a bit of which the liquid could be dropped for application.

OBEDIENCE is not servility, it is a high duty; it is not cowardly, but proudly honorable in a soldier. If your officer speaks sharply, it is neither to insult nor to browbeat; it is to wake up attention, instant and implicit.

For every wounded soldier taken to the hospital in the Crimean war, twelve were taken on account of disease; disease which could be avoided in more than half the cases by such care as the soldier can take of himself, as directed in these pages. Of the 15,000 lives lost in the Mexican war, only 1548 were from battle. The United States Sanative Commission report that 104 soldiers became sick to each 1000 in the present war.

SHIRTS.—A distinguished British Army Surgeon says: More than one half of all army diseases in warm countries are owing to the exposure of the abdomen to changes of temperature. Shirts should reach the thigh.

INNER CLOTHING.—Every garment which touches a soldier's skin should be woolen in all seasons, most important in the warmest weather. It is impossible to over-estimate the value of this one item to the health of an army.

LIMESTONE-WATER.—One teaspoonful of vinegar, in a pint of such water, will antagonize all its ill effects on the bowels of those unaccustomed to it.

DIRTY WATER.—As much powdered alum as will rest on a dime, stirred in a pail of water, will clarify it in five minutes.

SAVING LIFE.—In the first seven months of the Crimean campaign, the soldiers died at the rate of 60 out of a 100 per annum, while for the last five months of the war not so many soldiers died of disease as at home, owing to a more systematic and rigid attention to five things: 1st. Selecting healthful camps; 2d. Enforcing strict cleanliness; 3d. Avoiding unnecessary exposure; 4th. Proper preparation of healthful food; 5th. Judicious nursing.

A TRUE SOLDIER is considered one of the highest types of a man. But that officer merits not the name or the title he bears, who does not make the comfort and health of his men a subject of unceasing thought, and of the most indefatigable effort.

CAMP-GROUNDS.—An elevation is a hundred-fold better than a flat or a hollow; open ground better than among trees; better for health, safer from surprise, and stronger for attack and defense, even if it is calculated to stay but a few hours. Let the tent face the south, the top screened with brushwood, and if practicable with a floor of boards three inches above the ground, and a ditch around the tent six or eight inches deep.

DRINKING WATER improperly has killed thousands of soldiers. If possible, avoid drinking any thing on a march. If you must drink, the colder the water the less will it satisfy thirst. ~~Half~~ Half a glass of water drank in sips, swallowing each sip, with a few seconds interval, will more effectually satisfy thirst, and that without any danger, than a quart taken in the usual manner at one draught. It is greatly safest, *while marching*, to rinse the mouth only, but do that to the utmost extent desired, spitting out the water as soon as it becomes warm. Chewing even a stick or pebble moderates thirst.

MITTENS, for cold weather, should have a thumb and one finger, the other three fingers together, so as to use the trigger handily.

BOWEL AFFECTIONS are said to be cured, if at all curable, by drinking from one half to four half pints of a tea made of the inner bark of the sweet-gum tree, boiled until of the taste and color of strong coffee, with or without sugar, cold or hot. The tree abounds southward.

SABBATH-DAY PARADES.—Immorality and irreligion are among the great evils of war. Knowing this, every Christian should be most diligent, not only in prayer for the soldiers, and in furnishing them with religious privileges in the camp, but in cherishing a strong and enlightened public religious sentiment. Public sentiment is a powerful stimulant to moral principle, as well as to patriotic feeling. It hence becomes the whole Christian community to frown upon Sabbath-day parades and displays.

THE MORNING-PRAYER.

THE humble and consistent looking upward for the gratification of our desires, the satisfaction of our wants, and that aid which comes from above to enable us to perform properly all the duties of life, is a religious obligation. But Providence has so arranged matters, that the performance of our duties may bring great benefits along with it. Many of the "observances" which Moses imposed upon the Israelites tended directly to the promotion of human health, of physical well-being. Moldy, spotted houses, damp and disease-engendering, were to be pulled down, and their materials scattered or burned; frequent personal ablutions were insisted on, thereby promoting individual healthfulness; while the use of rank meats, and other articles of food, unsuited to that climate, was most specifically prohibited. The disuse of all flesh for a month or more in the spring of the year, in some religious denominations, is the dictate of a sound physiology, and is not only promotive of health, but is antagonistic of disease; and if it were wisely carried out for "forty days" every spring, would demonstrably prevent many an attack of sickness, and would extend many a valuable life. Numerous spring diseases are directly traceable to the undisputed physiological fact that, as the warm weather approaches, we need one third less food, and sickness is inevitable when as much is eaten in warm weather as in cold. A judiciously observed "fast" is as promotive of physical as of spiritual health. There is wisdom and piety in the early morning-prayers of some churches; and there is health in them too! A multitude of moral, social, and physical good effects would follow, if in all large towns and cities fifteen minutes were spent in singing and prayer in every house of worship, at some convenient early hour. Ten verses might be read, three or four stanzas of some familiar hymn sung, and a short, pertinent prayer offered by the clergyman, some of his officers, or other active Christian men, to commence at the moment and end with the fifteen minutes by the stroke of a bell. The merchant, on his way down to his store; the lawyer, to his office; the workman, to his shop; the banker, to his desk—all could easily arrange to stop in and carry on with them a sanctifying influence to impregnate all the after-business transactions of the day. The son or daughter, on their way to school, could accompany their father; and a walk, on such a mission, to the mother or grown daughter and son, soon after breakfast, how it would break up the "second naps" of the morning, and that lazy, late lounging in bed, which saps the health and vitiates the habits of so many of the young of cities! Such a plan would waken up early activities by presenting an object for the same; would infuse a new life into our morning existence, and give many an hour of out-door exercise to our wives and daughters, for want of which many of them prematurely pine away and die. Such meetings would create a neighborly feeling among the members of many congregations; would promote unity and love and coöperation in building up the interests of the Church; would bring the members nearer together, and would be a bond of social and Christian union of incalculable value, besides the hygienic advantages already stated.

The ready plea of want of time is not valid. There is not a man in New-York who could not save fifteen minutes from any day's work and give it to the morning prayer-meeting. As for our wives and grown daughters, many of them are literally dying off in-doors, for want of an adequate inducement to dress and go out in the open air, pleasantly, for an hour or two a day. Such an expenditure of time daily, systematically, would add years to the life of some, and save others from weary weeks and months of worse than idleness on beds of avoidable sickness, because they not only lose their own time, but require that of others to attend them, besides deranging the movements of the whole household.

FIREPLACES.

MULTITUDES in large cities look back with fond regret to the gladsome days of childhood, when the blazing wood-fire on the hearth was but one of a multitude of other comforts and of other joys, departed now, never to return—except the fire on the hearth! even the use of the old-fashioned open fireplace, with its fitful flickerings and its dancing shadows on the wall, to say nothing of its cheeriness, the pure air, and the delightfully soft and genial warmth which pervades the whole apartment. The writer has burned common hard or anthracite coal, flat on the hearth, in an old-fashioned, broad, deep fireplace, for three winters, consuming less than four tons of coal each, the fire burning from five A.M. to ten P.M. for nearly seven months. The extra heat warms a large chamber above sufficient to dress and undress for retiring in the very coldest weather. It also affords warmth enough to an adjoining room for the children practicing their music-lessons, and for ordinary social gatherings; this, too, when the furnace has not been fired-up once in two years, with an exemption from colds and loss of time at school (connected with colds) most gratifying to think of. When the halls are not warmed by furnace-heat, there are several very important advantages derived. The children especially get into a habit of briskness and activity in passing through them; largely promotive of a vigorous and active circulation of the blood, and of good-humor. This very activity of bodily motion, which cold weather excites, instinctively seems to communicate its influences to the animal spirits and to the mental operations; all in striking contrast with that lazy, elephantine, drawling mode of locomotion and speech, which settle down upon the inmates of a habitually summer-heated house.

In furnace-heated city houses the foul air of the cellar, and the hot and noisome fumes of the kitchen, fill the halls and chambers above; and in the latter they are breathed during the live-long night, to the inevitable enfeeblement of the constitution, and the ultimate destruction of the health. The most ignorant know that sudden changes of air are hurtful, even perilous, in proportion to their intensity and frequency; inducing those pneumonias, inflammation of the lungs, or lung-fevers, which have been so frequently and speedily fatal in multitudes of cases; and even when recovered from, are attended with a painful and tedious convalescence, extending sometimes to years, and not seldom crippling the health for the remainder of life. Furnaces are commonly arranged to keep up a heat of near seventy degrees Fahrenheit.

On the first day each of last December, January, February, and March, our thermometer, at six in the morning, stood at 36, 32, 28, 28, respectively, making an average difference of 40 degrees between the out and in-door temperature. But one fourth that difference, from 20 down to 10, above zero, is piercingly felt in winter, hence a sudden change, so great as 40 degrees, must greatly imperil the health and even life of the old, of the feeble, and of young children; but these dangers must be greatly lessened in passing from a sitting-room of 70, through a hall of 50, into the out-door air of 30, as would be the case where open fireplaces are used, instead of furnaces. A piece of soft coal or light wood, six inches square, laid on a bed of coals, in a low-down grate, will give the beautiful and cheery flickering of the old-fashioned fire-place; and then there are all the advantage of the open fire, as to constant ventilation and genial warmth.

KEEPING APPLES.

THE apple is the most valuable of all the fruits of the earth, in consequence of its lusciousness, its preservability, the variety of uses to which it can be applied, and its productiveness. Mr. E. Lake, of Topsfield, Massachusetts, in 1861 obtained, from one acre of ground, two hundred barrels of Baldwin Russet apples, besides a ton and a half of squashes and a hundred cabbages; one weighing twenty-seven pounds. It has been stated that a single tree has yielded in one season forty bushels of apples. A hundred and fifty good-sized apples make a bushel. Two baked apples are an abundant desert for dinner; two each for breakfast and supper, with a single cup of tea or coffee, and as much bread and butter as is wanted, is as much as children and sedentary persons ought to have. Apples come in August and keep good until May, nine months, two hundred and seventy days, fifteen hundred apples, or ten bushels, or four barrels; easily had in the country for one dollar each. Thus four dollars' worth of apples will furnish one person, three parts of the year, with a "relish" for breakfast and supper, and "dessert" for dinner, of which he will no more "get tired" than of bread, and it will be cheaper and incomparably more healthful than pies, preserves, sweetmeats, doughnuts, cookies, dumplings, puddings, and the other long list of stomach-destroying and dyspepsia-engendering articles.

PRESERVING APPLES.—Pick out the perfect ones, pack them away, surrounding each apple with dry, ground plaster of Paris. Thus: begin with an inch of plaster, then a layer of apples an inch from the side, and half an inch apart; sift in the plaster until covered nearly an inch, and so on until the receptacle is full. This fertilizing plaster costs from three to ten dollars a ton, and is as good in the spring for such purpose as if it had not been used. Pippins will keep until June in any cool, dry room in the house.

Apples, spread on a board-floor, and covered with five or six layers of newspapers, or a sheet, or clean straw, will keep until spring, and even on a common dry cellar-floor. Apples will keep many months if, free from any bruise or speck, they are wrapped each in soft paper and laid on a shelf cool and dry. In cities and towns, apples, as commonly bought in barrels, will keep pretty well until spring in a dry cellar; but they should be carefully picked over, and the unspecked ones laid down softly every two weeks. Even laid on shelves, two layers deep, and covered with newspapers or straw, picking out the specked ones for use, every few days, very few will be lost. Very good apples can be bought in New-York, during the latter part of October, for one dollar and a half a barrel; and if cared for and used as above, and in addition given out to school-children for luncheon, instead of nuts, sweet-cakes, candy, cross-buns, doughnuts, and the like, sickness would be prevented, and money saved to an amount which would surprise any one who never "tried it." Those who live in the country will save themselves a great deal of trouble, and admirably succeed in keeping apples in perfect order until June, if they would take the precaution to pick each apple from the tree and lay it in a basket; then lay them on the floor of a cool, dry room for a few days to dry, and then pack them away in some one of the plans above suggested. It ought to be known that a baked sweet apple is the most digestible food that can be swallowed; they are digested in about an hour and a half, bread requiring two hours longer. Let invalids remember this.

CONSUMPTION.

For just twenty years, there has not been an hour in which I have not had under medical treatment a variety of persons in all the stages of consumptive disease, from the first insidious onset to its last hopeless conditions. With such opportunities, the following observations have been made; nearly all of them but corroborations of eminent medical men in the Old World, as well as the New.

Common Consumption is a gradual and painless destruction of the substance of the lungs, running its course in about two years, when it commences its inroads after twenty-five.

The greatest number who die of Consumption are under twenty-five; the seeds having been planted while in their teens; the effect, mainly, of damp feet, avoidable exposure, inordinate and irregular eating, vicious youthful habits, and bodily irregularities.

Hereditary origin accounts for only about one fourth of the deaths from Consumption, and while it is a disease of all climes and countries, it is comparatively rare in high northern latitudes, and in very elevated localities any where. The city of Mexico, over seven thousand feet above the level of the sea, in latitude nineteen, with a population of about two hundred thousand, gives only three consumptives out of each hundred deaths; while New-York and Boston and London give seven times that number. The seeds of Consumption are called "tubercles," because they look like little tubers or bulbs; each one is a little hunch or "push" on the sides of the air-bladders which make up the lungs; and as none of these are larger than a pea, the tubercles themselves are of necessity much smaller, averaging perhaps the size of a pin-head.

Almost all grown hogs have a kind of hard, tubercular lump in the liver, from one to multitudes, without apparently affecting the health of the animal. So anatomists tell us, that of any hundred dead persons over forty, ninety will show a greater or less number of tubercles in the lungs, although they may have been stricken down in an instant, as in battle, from apparent perfect health. Hence most grown persons have more or less of tubercles; hence, also, a man may have tubercles all his life, and die of old age; therefore it is demonstrable, that tubercles may exist without actual Consumption being present—that is, they are harmless in their quiescent state; as harmless as powder until fire is applied. Tubercles can at any time within three months be excited to a consumptive condition, by one of two causes, and by no other: first, a succession of bad colds; second, by any long debilitated condition of the body, however that debility may have been caused, whether by sickness, grief, over-work of body or brain, or by any depressing influences of long continuance.

A bad cold never can create tubercles, nor can it cause Consumption by any possibility, unless tubercles previously exist. Yet when they do exist, bad colds are the most frequent exciters of Consumption. All the exciting causes under the second head do produce or create tubercles. Hence, the most certain means of avoiding Consumption is, to maintain all the time a high state of general health; and this is almost infallibly done, by living a regular, temperate, active, out-door life. Those who are most out of doors are least liable to Consumption.

The infallible and ever-present signs of Consumption are, a continuation for months of a pulse always heating upward of ninety times in a minute, (seventy being the healthful standard,) thinning of flesh, loss of strength, and an increasing shortness of breath in walking a little fast, up even very slight ascents; there may or may not be cough, but nearly always there is a cough on rising or retiring, or both, when more advanced.

An average man, in perfect health of lungs, can blow out at one effort two hundred and fifty cubic inches of air; such a man can not die of common Consumption in a year. This rate gradually diminishes as the decline advances; at one hundred and fifty the case is always and utterly hopeless. The spirometer measures this with infallible and mathematical accuracy. With a pulse of seventy, and a full measurement, the presence of Consumption is an infinite impossibility, however bad the cough or the spitting of blood. The cure of Consumption, when curable—and there are many such cases, is accomplished by an active out-door life, by some sudden and great change of occupation, by the spontaneous appearance of some ulcer or breaking-out on the skin; or by the superintention of some other disease, as asthma, which wards it off and indefinitely postpones it. No medicine or drug, or any thing to be swallowed or inhaled, has ever yet been found which can possibly have any direct, radical, efficient agency in permanently, even arresting the progress of Consumption. Many such have been proposed with great confidence, while all have, one by one, gone out of notice, which could not have been the case had they been efficient. The only means are to secure a vigorous digestion, and to bring back the full breathing of the lungs, both of which are possible.

THE SOLDIER'S ALL.

It was a cheerless autumn day; the rain was falling in torrents; every thing was saturated with water; and as my wife passed among the sick and wounded and dying and dead soldiers, she bent over the wretched pallet of one, and asked him if he needed any thing. "Nothing, Madam, I thank you."

"Do you want any thing to read—any books, or papers, or magazines?"

Reaching his poor, sunburnt, scrawny hand from under the bed-clothing, he laid it on a book, and directing her attention to it, said: "This is all the reading I want."

It was a well-worn Bible. Happy man! A stranger, far from home, sick, in rags, apparently "not far" from the grave, he had no wants which his Bible could not supply. There were dark clouds in the sky above; his Bible was sunshine to him.

He knew nobody; nobody knew him; he was literally "a pilgrim and a stranger;" but he had an acquaintance in his Bible, and as he read it, his eyes fell upon old familiar names, which carried his mind back to the village-church, to the "family worship" of his childhood, and he read of David and of Jonathan, of Moses and of Elias, of Peter and of Paul, but most of all, of Jesus of Nazareth, the Friend of sinners and the Saviour of man.

Weak and wan as he was, he asked for no wine to sustain him, no delicacies, prepared by tender hands, to nourish him into life again; for he had "meat to eat" which those around him "knew not of." He read in his Bible morning, noon, and night; and he found out that as often as he read it, he felt nourished and comforted. It was a dish of which he never became tired; for although apparently the same, he found something new in it every day; some sweetness that he had not tasted before. No wonder, then, that he found every want supplied in the soiled book which he carefully kept always in reach.

Some soldiers, in tents and under other forms of shelter, were writing letters, turning over the leaves of magazines, or reading newspapers; but this soldier's Bible supplied all the reading he wanted. In it he found "things both new and old;" he found them reliable; to-day brought no contradiction of what he read yesterday. The messages which he received were telegraphed from heaven, and he had heard the "Operator" there say over and over again, as to his messages: "If it were not so, I would have told you." Happy soldier! Blessed book! Doubtless he would feel a full accord with him who wrote:

"This little book I'd rather own
Than all the gold and gems
That e'er in monarch's coffers shone,
Or all their diadems.
Yes! were the seas one chrysolite,
The earth one golden ball,
And diamonds too the stars of night,
This book were worth them all."

Reader, you will be sick one day; it may be a long sickness; you may be far from home, far from friends, far from medical aid. Let me tell you there is a "balm" in the Bible; a medicament, a cordial, of a nature so searching, of a power so all-pervading, that there is "no sorrow which it can not heal," no suffering which it can not soothe, no pain which it can not mitigate. It helped the soldier to live above his sufferings; it will help you to do the same. It met all his wants; it will meet yours. There was a fullness in it to him; that fullness it will be to you, and in an hour, too, when no human drug can avail, when the most skillful physician in the land is powerless to ease a single agony, and when the most that the best friends on earth can do for you, is to gaze at your suffering in sorrowing helplessness. Make the Bible then your companion, your counselor; keep it always in easy and convenient reach, as the soldier did; and learn like him to be satisfied in its fullness, and like him, to find in it a safe Guide, a Friend in need, and an able Physician.

CHILDREN'S EATING.

THIS is a subject of literally vital interest to every family in the land; more especially in large towns and cities, where the want of facilities and inducements to out-door activities makes it absolutely indispensable to adopt some system in reference to the times, quantities, and qualities of the food to be taken by children; for the want of attention to which things multitudes die early, while other multitudes, not as large however—for half of all that are born die before the age of eighteen years, in consequence mainly of inattention to the habits and health—become dyspeptic, scrofulous, or consumptive before the age of twenty-five, many of whom are destined to a life of weariness, of painful toil, and of wasting efforts for a living through sickness, and disease, and chronic sufferings.

On entering the fifth year, or sixth at farthest, a child can be very easily habituated to eat at three regular times a day, at intervals of five or six hours, with nothing whatever between, except, at a little past mid-way, a single good ripe apple, or a piece of cold, dry, coarse bread may be allowed to the less vigorous. Frequent eatings, at two or three hours' interval, especially in connection with being in the house most of the time, initiates many children into a life-long dyspepsia, simply because the stomach, being kept at work all the time, has no rest, loses its tone and strength, like an over-worked servant or animal, and wears out prematurely.

A second consideration is quantity. If children are taught to eat slowly, in loving good-nature—as will be the case if they are let alone by their parents, and not put in an ill-humor by incessant reprimands and innumerable rules and regulations about a hundred and one contemptible trifles—they may generally be allowed, for breakfast and dinner, to eat as long and as much as they want, only if all the hard food is cut up carefully with a sharp knife into pieces not larger than a pea. This should be conscientiously and always attended to by one of the parents, for it can not be safely intrusted to one hireling out of a million; parental affection only will do it as it ought to be done.

At supper, children should always be controlled; let observation determine how much a child will eat and leave something over, and then allow thereafter certainly not over two thirds of that amount.

And now as to that most important of all items—quality of food for growing children. The instinct for sweetness is inappeasable; without it, any child, however healthy, will soon die, and, fortunately, the two things which children most love every where, and of which they never would get tired, and will always relish when hungry, are milk and bread, and these furnish as much sugar as any child needs. But no child can ever grow up healthy and handsome without good teeth, and as the permanent ones begin to be made from the fourth year, their food should contain in great abundance those elements which are needed for sound, durable teeth. The bony part of the tooth contains seventy-one per cent of lime, the enamel ninety-four per cent. Out of one hundred parts of the finest, whitest flour, only six per cent is lime; of one hundred parts of flour made of the whole grain, there is twenty-five per cent of lime, or four times as much; and no other general article of food contains anything like as much lime as common brown bread. Therefore, it is a reasonable conclusion that if children were to live largely on flour made of the whole product of the grain, in the shape of well-made and well-baked brown bread, very much would be done toward securing them durable and beautiful teeth. When children are from home, let them live as others; when at home their bread should be uniformly made of the whole product of the grain ground, from their third to their fifteenth year, to be eaten with half a pint of milk for breakfast and supper, adding some berries from June until September, and one or two baked apples the remainder of the year, adding a teaspoon or two of sugar. Such a supper or breakfast will always "taste good" to them. Such a bill of fare, with two or three variations a week, and allowing them to eat what they want for dinner, will pretty surely, other things being equal, give good health, good teeth, a good constitution, and a good old age.

THAT BEST DAY.

"WHAT are you going to do now?" said a gentleman to his friend on Broadway, who had recently failed in business. "I believe I will go home and get acquainted with my family," was the reply.

There is a man in this city known on both continents. He assured a friend one day that for nearly seven years he had not seen any of his family out of bed, except on Sundays. He ate breakfast at sunrise, hurried down-town, took dinner at Delmonico's, and returned late at night to find all in bed. So wholly was he engrossed in business, so absorbed in money-making, that all family ties, all its affections, all its loves, were of secondary importance. His "chief end" was to get rich! He succeeded; but at a cost of heart-warmth, of the luscious loves of infancy and childhood, which made it a dear bargain. But what became of his sworn duty to his wife all this time - the great duty of sympathy in the burdens of housekeeping and child-training, duties which no man can permit to remain in abeyance without committing a crime against his family, against society, and against the great Father of all, who has intrusted the proper training of children to parental care? What was the result of these great derelictions? This man failed; lost every dollar of his fortune; strove again for wealth, succeeded, and again failed. For the third time he failed, and at this writing is not worth a dime.

Both these cases show that the pursuit of wealth in large cities becomes an infatuation, a frenzy, which bears down the victim of unhallowed greed so resistlessly, that he becomes unconscious of the highest obligations of humanity; his moral sense grows so obtunded that he sees nothing, feels nothing, hears nothing but what pertains to the getting of money. Is it right? will reason approve of it? will humanity approve of it? will an outraged conscience approve of it in the terrible hour of the last conflict with death? This ignoring of all obligations, human and divine, in the crazed pursuit of riches, does not largely obtain, except in the great cities of the world, where human ambitions are stimulated by rivalries to the intensest pitch. Still the onward rush for wealth is like the dashing of an infuriated steed down a steep declivity—every moment and every step but increase the momentum; and the human tide would be numbered by millions in every grade of life, in the country as well as in the town, did not infinite benevolence "put down the breaks" at short intervals by the blessed institution of the Sabbath day, which a poor laborer, with beautiful truthfulness, once called "that best day," because it was all his own; because on other days he was expected to work for his employer from early dawn until the darkness, when he was too tired himself and his children were too sleepy for the interchange of affectionate caresses. But when the Sabbath came it was a day of resting, and in contemplation of the privilege of being with his family through the whole of it, either around the fireside, at the family table, or at the village-church, he felt it was "that best day" of all the seven. It is physiologically the "best day," because it is a necessary rest for both brain and body; necessary for man, necessary for beast, hence Divinity has ordered, "In it thou shalt not do any work; thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maid-servant, nor thy cattle," and the man who, in the light of the Bible, persistently and systematically violates this command, lovingly intended for his best good, physical and moral, may reasonably expect the Almighty's signal punishment, either in the failure of his earthly ambitions, the premature failure of the vital powers, or that greater failure still, the blasting of the mind.

COAL-FIRES.

WASHINGTON, when contemplating leaving home early of a winter's morning, would have every thing minutely arranged over-night, so that he might kindle his own fire, and thus avoid waking up the servants before daylight and depriving them of that necessary rest which was their due. Not long ago, a charity student in the — Theological Seminary, of this city, on being enjoined to retire early and rise betimes, in order to save his eyes and health from the injurious effects of artificial light and late hours, complained that it was impracticable, because the colored man did not make the fires until seven o'clock, and that he himself did not know how to make a coal-fire. It would be too much to expect that such a youth will ever be more than a drone in the pulpit, or any where else than under an overseer on a well-conducted plantation. The writer's habit is to rise before day in fire-time of year, so as to be ready for study at the earliest moment of sufficient daylight; and for two other reasons: to allow the servants to get all the sleep they need, and to avoid that unwholesome impatience and annoyance which are sure to follow the oversleeping or unskillfulness of hirelings, for to begin a day in irritation spoils the head for study and the heart for happiness for hours if not for the entire day. To aid the servants, then, to perform a daily duty easily and well, to prevent those early irritabilities which are so apt to discompose whole families, and thus antagonize those mental serenities so essential to domestic comfort, to bodily health, and mental composure, it will be advantageous both to body and mind for every reader to become an adept in kindling a coal-fire. First, know that hard coal will not "get on fire" until it is thoroughly heated through and through; second, a small piece of coal does not require as much to heat it up as a larger piece, hence, the less wood you have to kindle with, the more necessary is it that the pieces of coal which are touching the wood should be small. As wood is more expensive than coal, economy suggests the use of as little wood as practicable. The coal, then, for kindling should not only be as small as a pigeon's egg, called "chestnut-coal" by the dealers, but to economize the wood, the pieces should not be over four inches long, so that they can be laid compactly, then the heat will be more concentrated on a given point of coal, and thus the sooner heat it through and through to the degree requisite for actual ignition. If the wood is thus placed and is covered with one layer of "chestnut" coal, it will redden with great rapidity and certainty; as soon as this is the case, cover over the reddened coal with another layer or two, and in a minute or two put on the larger size. By putting a handful of shavings or paper in a grate compactly, then some splinters of dry wood, not larger than the little finger, and outside of that a layer of pieces an inch or more thick and three or four long, then apply a match to the paper, and while it is "catching," put on the small coal as above, there will not be a failure during the winter, nor a fit of passion, nor a growl in the whole household, at least for want of a good and timely fire. To lessen a coal-fire, press it from the top, so as to make the mass more compact, giving less room for air; to revive it, lay on small pieces tenderly, put on the blower, and when red, add larger pieces and riddle out from below. Heaping on more coal or letting out the ashes below, will certainly put out a low coal-fire.

THE DEAF HEAR.

SOME become deaf in very early life, in consequence of an unfavorable recovery from scarlet fever, measles, mumps, and other ailments, such as cold in the ears, or by the violent straining of vomiting. Others grow deaf as a consequence of increasing age. In all these the deafness grows with advancing years. A great multitude of remedies have been tried for the removal or mitigation of this calamity; but with the exception of such cases as are the result of "hardened wax," the writer has never known any material benefit to have been derived in a single instance, either by medicines or external appliances. The successful cases were the result of moist bland applications, of which glycerine is the best, from the quality which it possesses of remaining moist longer than any other known substance. Let fall two or three drops in the ailing ear, then introduce a bit of lint or cotton saturated with it. If by repeating this operation night and morning, for some weeks, there is no relief, it may be considered a remediless infirmity. But the increase of the deafness will be considerably retarded, by using all possible means to keep up the general health, by regular bodily habits, by personal cleanliness, by a temperate life, and by arranging to spend several hours of each day in the open air, in some enlivening and agreeable manner.

Artificial aids have sometimes been called into requisition; such as ear-trumpets and auricles, which never fail to deepen the deafness, and that rapidly. It is therefore wisest and best for one who hears with difficulty,

1. To apply glycerine, night and morning, for months.
2. Maintain a high state of general health.
3. Steadily resist all artificial aids for the ordinary occasions of life.
4. Never allow any thing stronger than sweet-oil, tepid water, or glycerine to be applied to the ear.
5. Never permit the introduction of a probe or stick, or any thing else into the ear, for any purpose whatever.

In one case art is admissible—that is, in religious worship; and this being only once or twice a week, the hearing will not be appreciably impaired in the course of several years.

The writer knows a lady who has not heard a sermon for several years, although a regular attendant. She now hears with the utmost ease. This has been accomplished by a peculiar arrangement of that part of the pulpit on which the Bible is laid, and a distribution of pipes under the floor and through the pew-seat. The sound of the speaker's voice can be transmitted with perfect distinctness to various parts of the house, without appreciably affecting the volume of sound—that is, an apparatus arranged for one person, enables him to hear with perfect clearness; if extended to a dozen others, the first one hears as well as if there was but a single attachment. To Christian men and women whose hearing is defective, and who are thereby cut off from one of the greatest privileges of life, this device is of inestimable value; for as we grow old, and the ties which bind us to the world become almost daily fewer and more fragile, we instinctively draw closer to Him who has appointed religious worship as a means of communicating to us his will. Those communications become sweeter, more nourishing, and more necessary every day to the ripe and aged Christian; they are the greatest solace in life. Thus it is he feels with King David, "a day in thy courts is better than a thousand" any where else.

HOUSEWIFERY.

THE earlier the breakfast, the more work will be got through with during the day, and the better health will the whole household have, because food or warm drink in the stomach antagonize the disease engendering damps, fogs, and miasms, which impregnate the air about sunrise, in all countries, especially in warm weather.

Quinces baked in sugar and water, or syrup, or simply baked and eaten with powdered sugar, make a good substitute for baked apples.

Potatoes may be kept a very long time from rotting, in a cellar protected against frost, by dusting the floor or bin with lime; then put down a layer of potatoes six inches thick; then dust with lime, another layer of potatoes, etc. One bushel or more of lime to forty of potatoes; they sprout least in darkness.

WOOLEN FLANNEL is the best protection against taking cold, in all seasons, if kept pliable by washing it in strong, hot soap-suds, without wringing, merely squeeze, then rinse in clear, warm water, and hang on a line to drip dry.

SILKS are best, next the skin, for some persons. Wash them by spreading on a board smoothly; rub on white soap; brush with a hard brush, then brush off with cold water, applied to both sides. A little alum in the last water prevents colors from "running." Grease-stains are removed from silks by using equal parts of alcohol and camphene; never wring silk after washing, because the creases thus made will always remain. While "burning-fluid," which is a mixture of alcohol and turpentine, removes grease and other stains from light-colored silks and gloves, sour milk is good for bleaching linen; but grease is best removed from carpets with strong, cold soap-suds, thus avoiding the danger of camphene. Life has been lost by keeping oxalic acid in the house, to remove ink and iron stains; but as it is only suitable for white fabrics, (it should be plainly labeled and marked "Poison," in large letters, if kept about the house,) it is better to use the juice of lemons or of sorrel leaves, especially as the oxalic acid eats the fabric, unless immediately and thoroughly washed off.

Persons have been suffocated by inhaling the fumes of burning sulphur, when used to bleach out colors and stains of fruits and vegetables particularly, hence the fumes should be conveyed to the stained spot by means of a funnel-shaped paper roll; but it is safer to dip stained fabrics in sour milk, then dry in the sun, repeating the operation until the bleaching is perfected.

FLANNEL SHIRTS, or other woollens, should have grease spots removed without fulling them up, thus: Put one ox-gall in three gallons of cold water, in which immerse the garment, and squeeze or pound (not wring) it, until the spots are removed; then thoroughly wash in cold water, else the odor of the gall becomes very disagreeable.

If burning-fluid or benzole are used to remove grease or other stains, let it be at least two yards from any blaze of candles, gas, lamp, or fire. Valuable lives are lost every year by neglecting this precaution.

EGGS are good which are diaphanous, or show a faint reddish color, when held in a dark place, toward a candle or other light, when held in the circle made by the thumb and forefinger; they are bad in proportion as they seem black. This is an infallible test.

MILK is kept good longer, if it is boiled, evaporated, condensed, or kept still at a temperature of about forty degrees. If heated three days in succession in summer, and two in winter, (as per Guy Lussac's experiments,) up to the boiling-point, it will keep two months without souring.

The best way of keeping milk in summer, is to have a spring-house well shaded, and on the north side of a hill, the pans sitting in a stream of running water, protected against currents of air. The country people deliver milk at the railroad for two cents a quart, one cent freight to the city, where it is delivered at sunrise to our citizens for seven cents a quart, or six cents at 146 East Tenth street.

PEACHES are peeled without waste, when fully ripe, by pouring boiling water on them, and let them remain a minute, to cook only skin-deep, as, in tomatoes.

CLINKERS are removed from stove-grates and range-backs, thus: When the coal is all aglow, throw in half a dozen broken oyster-shells, cover these over with fresh coal, and when all are red-hot, the clinkers are doughy and are easily removed.

CARPET-SWEEPING.—Draw the broom to you with short, quick strokes, taking up the dirt every half-yard, in a dust-pan, or at each stair, and thus avoid working the dirt into the cleaner parts. Never use tea-leaves, paper, or damp grass, to collect the dust, let the dust-pan do that.

WEATHER-WISE.—Allow the sugar to dissolve in your coffee or tea without stirring; if froth remains in the center, durable fine weather is indicated; but rainy if it settles around the sides; variable if it remains between the two, so says M. Sauvageon.

POTATOES.

THE proper cooking of good food is an essential element of good health in all civilized countries. The general use of the potato shows that it is palatable and healthful; but few families in this country fail to have it on the table once a day. In Ireland, it is the chief article of food at every meal, and it is said that there are multitudes who seldom eat any thing else. It has the same amount of nutriment as the egg, thirteen per cent; it has twice the nutriment of coffee; half as much as beef. It requires two hours and a half for digestion, raw cabbage two hours, roast beef an hour longer, roast pork an hour longer still. It is claimed that the outer quarter of an inch of the potato contains more nourishment than the entire remainder. Hence peeling is a waste. They should be cooked, then the very thin skin is easily removed, and the whole nourishment remains. Late in the spring, as the potato prepares for sprouting, the outer portion becomes "rank," and it is better to peel before cooking. If kept in a dark place, sprouting is much retarded, and further if the sprouts are rubbed off with the hands. The lighter a potato is, the more mealy and palatable it will be after cooking; hence the good ones float, while others sink in strong salt-water. Boiled potatoes are not digested so easily or so soon as if baked or roasted.

COOKING POTATOES.—They should be well washed and put into cold water with the skin on. Gradually heat the water, and when near boiling, add more cold water; if thus checked, the skins will not crack until the potato is thoroughly done; pour off the water, and let the skins become dry before peeling. The Irish nick out a piece of the skin before putting them in the pot. The potatoes of each cooking should be nearly the same size, that all may be equally done. They should not be covered with more than an inch of water, that they may be just covered at the finish; they will become waxy and watery if allowed to remain in the water a moment after they are well done. After they are dried they can be kept hot and mealy for some time, if covered with a napkin of the diameter of the containing vessel. This is better than steaming, and they are prepared in half the time. Moderate-sized potatoes should be done enough in a quarter of an hour. They sprout least in the darkest places.

COLD POTATOES FRIED.—Put a bit of cream-dripping into a frying-pan; when it is melted, slice in your potatoes with a little pepper and salt; put them on the fire; keep stirring them; when they are quite hot, they are ready.

POTATOES MASHED.—When your potatoes are thoroughly boiled, drain them quite dry, pick out every speck, etc., and while hot, rub them through a colander in a clean stew-pan. To a pound of potatoes put about half an ounce of butter and a table-spoonful of milk; do not make them too moist; mix them well together.

POTATOES MASHED WITH ONIONS.—Prepare some boiled onions by putting them through a sieve, and mix them with potatoes. In proportioning the onions to the potatoes, you will be guided by your wish for more or less of their flavor.

POTATO-FLOUR AND JELLY.—Rasp the potatoes into a vessel of cold water, and change it frequently, until the raspings fall to the bottom like a paste, then dry in the air, pound in a mortar, and pass it through a hair-sieve. This is nearly as nutritive, and lighter than flour; hence is better for pastry and puddings for invalids. If kept dry, it will remain good for years, while it is easily converted into a most nutritious jelly, by pouring absolutely boiling water on it. When changed into jelly, flavor to taste, and use it.

TO BROWN.—While the meat is roasting, and an hour before serving, boil the potatoes, take off the skin, flour them well, put them under the roasting meat, and let them drip before going on the table.

TO ROAST.—Clean well, nick out a small piece, and roast. A little butter over the skin crisps them.

Cold Potatoes, boiled for dinner, and left over, make an excellent dish for breakfast, by covering them with milk or cream in a frying-pan; add butter and salt, and let remain until the milk thickens—say fifteen minutes.

Potatoes, when boiled, if either waxy or to be eaten with cold meat, should be peeled and put whole on the gridiron until nicely browned.

FOR STEWS.—Potatoes should be always boiled a little before putting into stews, as the first water is a little poisonous. Fried potatoes may be cut from raw, half an inch thick; fry quickly in hot fat, let grease drip off, dry, salt and use.

KEEPING POTATOES.—If laid on straw on the ground, and covered with straw and then a layer of earth a foot deep, they will produce shoots near the end of spring; if two feet, shoots appear at midsummer; at six feet they cease to vegetate, and will keep for two or more years in a perfect state. There should be a trench a foot deep around the pile, unless the soil is very sandy.

BALDNESS.

Each hair generally has one bulb or root by which it is nourished ; when this root is destroyed by sickness, violence, or age, the hair can never grow again ; this is the case when the scalp is shiny or glistening.

When the scalp is fuzzy, like the down of a very young bird, it is from debility of the hair-bulbs, occasioned by severe or protracted diseases ; in this case, the hair grows with increasing profusion as the health recovers. Whatever hair-wash or oil happens to be applied at this conjuncture, gets the credit of a hair restorative ; hence the great number of these articles, not one of the whole number being a whit more efficacious than the sprinkling of a thimbleful of ashes on the poll, except so far as they have a tendency to keep the scalp clean, which common soap-suds will abundantly do ; or except they have the effect to stimulate the scalp, and promote a more vigorous circulation of the blood ; but it is not possible for any oil or grease ever to do this. To make hair grow on a shining scalp is utterly impossible. But the growth of hair may be promoted on a fuzzy scalp, because in that case the root is not dead, but lacks vigor, lacks nutriment, and new vigor can be imparted, and additional nutriment bestowed by whatever gives activity to the circulation of the blood about the roots of the hair, and what the following application fails to do in this direction, all others will, simply because it is the most certain, the most powerful and safe hair stimulant known : Half an ounce of vinegar of eantharides, one ounce of cologne-water, one ounce of rose-water ; to be rubbed in with a tooth-brush gently and patiently, until the part is thoroughly wetted and smarts a little ; to be repeated night and morning ; if too powerful, dilute with water, or use less. Age brings incurable baldness, sooner or later, to almost all ; but the great object of this article is to procrastinate incurable baldness, and to prevent the premature loss or thinning of the hair : first, by avoiding the causes ; second, by proper attention to promoting the growth of the hair.

The ancient Romans seldom wore any thing on the head, and a case of baldness was a rare thing.

Baldness is very infrequent among the Indians ; their heads are habitually uncovered.

Baldness among women is very much rarer than among men. Women's baldness is about the temples, that of man on the top of the head. It may be then inferred that one cause of baldness is keeping the head covered and heated, thus excessively stimulating the hair-glands by an unnatural warmth, and prematurely exhausting their power, and also by preventing the evaporation and escape of that effete matter, the continued presence of which is always death, in whatever part of the system it may occur. This is effectually done by the large quantities of grease and oil which our women plaster on the sides of the head and temples, the hair, dust, and oil, making a coating over the temples almost as impervious as India-rubber, thus choking up the roots or glands and preventing the proper blood circulation ; for it is the blood which carries nutriment to the hair.

The top of the head is most profusely supplied with blood-vessels, yet men grow bald there first, by keeping the head too warm ; also, and chiefly, by the prevalent fashion for generations past, of wearing hard fur and silk hats, which by their pressure all around the head, forcibly detain the blood from the top of the head ; there is seldom baldness below where the hat touches the head. None of the writer's playmates are known to be bald at ages from forty to sixty-five ; it was the universal custom among them as boys, to wear loose woollen hats, answering to the felt hats now coming into fashion. To prevent thin hair and premature baldness, first, keep a clean scalp ; second, never wear the hair on a strain, or against the direction of its growth ; third, never apply any thing to it but soap-suds or pure water ; fourth, wear loose-fitting, soft hats ; fifth, let men and children always wear the hair very short, and both men and women should brush the hair a great deal, using only a coarse comb, which should touch the scalp only in the slightest manner possible.

VENTILATING THEORIES.

A PAPER was read to the French Academy of Sciences in January, 1863, by M. Delbrück, who thinks it "singular that, while all medical men are unanimous in prescribing several cubic meters of pure air for each person sleeping in a room, as absolutely indispensable for health, all animals appear to shun the open air as much as possible, in order to compose themselves to sleep. Thus, the lion and tiger retire to some dark cavern, where the air is confined; the dog goes to his kennel, and thrusts his snout under his belly; birds, to which the open air would appear to be a necessity, whether asleep or awake, retire to some private corner, and put their heads under their wings. Nay, what does the school-boy do, when left in a dormitory aired with particular care. If he finds he can not fall asleep, the first thing he does is to bury his head under the bed-clothes. Hence, if, when awake, we exhale a quantity of carbonic acid, we must inhale a certain quantity of this gas during sleep, just as plants exhale by day the oxygen they absorb during the night."

A writer in *Harper's Magazine* for February, 1863, describing the people of Iceland and their homes, says: "The dark turf walls are pleasantly diversified with bags of oil hung on pegs, scraps of meat, old bottles and jars, and divers rusty-looking instruments for shearing sheep and cleaning their hoofs. The floor consists of the original lava-bed and artificial puddles composed of slops and offal of divers unctuous kinds. Smoke fills all the cavities in the air not already occupied by the foul odors, and the beams, and posts, and rickety old bits of furniture are dyed to the core with the dense and variegated atmosphere around them. This is a fair specimen of the whole establishment, with the exception of the travelers' room. The beds in these cabins are the chief articles of luxury. Feathers being abundant, they are sowed up in prodigious ticks, which are tumbled topsy-turvy into big boxes on legs, that serve for bedsteads, and covered over with piles of all the loose blankets, petticoats, and cast-off rags possible to be gathered up about the premises. Into these comfortable nests the sleepers dive every night, and, whether in summer or winter, cover themselves up under the odorous mountain of rags, and snooze away till morning. During the long winter nights they spend on an average about sixteen hours out of the twenty-four in this agreeable manner. When it is borne in mind that every crevice in the house is carefully stopped up in order to keep out the cold air, and that whole families frequently occupy a single apartment not over ten by twelve, the idea of being able to cut through the atmosphere with a cleaver seems perfectly preposterous. A night's respiration in such a hole is quite sufficient to saturate the whole family with the substance of all the fish and sheep-skins in the vicinity."

The filthiest people in semi-civilized creation are the fishermen of the Ferroe Islands, and yet they live longer, on an average, than any people of the globe, their death-rate being only twelve out of a thousand, of all ages, in one year; in New-York City it has been reported over thirty in a thousand annually. Several years ago, Dr. McFarlane, of New-Orleans, proved by statistics that the filthiest portion of that city, the swamp in the rear, was the last to be attacked with yellow fever, and that it abated there as soon as any where else; he concluded, therefore, that living in water, mud, and filth, where alligators, dogs, cats, mice, and men were in a state of putrefaction, was a preventive of yellow fever, cholera, diarrhea, etc. And yet the common-sense of every man teaches him that pure air and personal cleanliness in tidy habitations must be promotive of health in all ages and in all climes. Much of the error in morals and physics arises from confounding facts and principles with inferences and deductions. A fact is one thing, an inference is another, and often quite distinct. It is a fact that a man who had a chance of stealing a thousand dollars did not do it, but the inference that therefore he is perfectly honest is not legitimate, for, ten to one, the reason he did not do it was because he was not perfectly sure of not being found out. Many a fellow's repentance begins, not with the commission of the sin, but on the instant of his being found to have been a sinner. We must look at whole facts to become truly wise. Yellow fever and other miasmatic diseases cease among the people living in the swamps in the rear of New-Orleans as soon as any where else, simply because hard frosts put an end to it every where; and we know, by having lived on the spot for many years, that it appears in the swamps sooner or later in the season, not according as the people are more or less dirty, but according to the time at which the bottom of the swamp becomes exposed to a hot sun by the previous evaporation of the water which covered it. If there are many heavy rains during the summer or autumn, or a cold summer, or a late subsidence of the Mississippi, or frequent and long "blows" from the lake inland, there will be no epidemic in the "swamp," however severe it may be in the city. The filthy Ferroe Islanders live long, not because their housekeeping is indescribably filthy, but because during the entire summer their homes are abandoned for the fisheries on the sea; and when they return it is so cold that every thing is frozen up, and there is no decomposition of filth and no evaporation of deadly malarias. As to M. Delbrück's new theory of ventilation, or rather no ventilation at all, it is enough to say for the present that man is neither a pig, nor a goose, nor a goat, and that if the breathing of effete carbonic acid gas promoted health, the wise Maker of us all would have given it to us to breathe instead of the pure air of all out-doors. Men may live in spite of bad air, as they sometimes do in spite of being soaked in rum. Besides, there are always antagonizing influences at work, and various modifying circumstances which readily suggest themselves to educated men; meanwhile, let all bear in mind that sleeping in a pure atmosphere, in our latitudes at least, is indispensable to good health and a long life.

CUTE THINGS.

1. Put the exact "fare" in the lining of your hat, if you are about to travel in car or omnibus on a miserably cold day, when every change of position is disagreeable, thus obviating the necessity of taking off your gloves, unbuttoning your coat, searching your pockets, making change, and getting chilled; if a lady, carry the money under the edge of your glove.

2. If you are enough of a gentleman to feel obliged to give up your seat in a car to any thing in the shape of a petticoat, whether to mistress or maid, whether to a grandmother or to sweet seventeen, whether to a dowager or a market-woman, take your seat as near the forward part of the vehicle as possible, then your gallantry will be the last to be tried, and the least likely to be challenged.

3. If you want a pair of boots or shoes made to order, and wish to be certain of as easy a fit as that of an old shoe, put on two pair of thick, woolen socks before your measure is taken.

4. If, like a wise sailor, you wish to have "all taut" when the terrible and inevitable financial storm comes sweeping over the nation, within a year after the war closes, sell on the spot whatever is necessary to pay off every dollar of your present indebtedness, and invest all your surplus, be it great or small, in solid land, in fee, without the incumbrance of a single copper cent; the next day begin to retrench in all articles of necessary family expenditure, and let every luxury be banished from your memory as completely as if it had never existed.

5. If you want to avoid being drawn into the common vortex of financial ruin by friends and relations, as dishonest in reality as they are reckless, never indorse for a dime without your wife's written consent, and have placed in letters, golden and large, over the mantle of the family room, and require it to be daily read aloud by each member of the family in turn, just before you go to business after breakfast, the fifteenth verse of the eleventh chapter of Proverbs.

6. If you want to know certainly whether the young lady you think of addressing is a fairy or a fury, tread on her skirt in the street, when she is not aware of your being within a mile of her, and "take an observation" of that face, usually "divine," at the instant of its being turned full upon you. If, out of any thousand ladies promenading the street, you wish to make a selection for a wife who shall combine taste, tidiness, and a true economy, walk behind and notice if in shawl or dress, mantilla, cloak, or what not, there are creases, grease-spots, specks of dried mud, or lint, or string, or feather; if you do, let her go, for creases show that she huddles her garments away, because too lazy to fold them up carefully; a grease-spot proves that she will flop herself down any where, consulting personal ease in preference to all other considerations; and any woman who recklessly runs the risk of soiling a garment irretrievably, rather than take the pains to turn her head half round to see whether she is not about sitting on a lump of butter or in a pool of tobacco-juice, is utterly unworthy of a husband, and is as destitute of any true moral principle as she is of innate purity. A dried speck of mud or piece of lint shows she is a hypocrite or a slouch, as it proves that she is careful only of such parts of her apparel as she thinks most likely to be seen.

7. If you wish the great happiness and the inestimable blessing of being always in good health down to a serene old age, learn while young to take care of that "good constitution" with which a benign Creator has intrusted you.

8. If you have a tremulous moustache, and want to eat bread and molasses, put the bread in first and the molasses afterward.

9. If you want to "prove" the best friend you have, ask him to lend you some money.

10. If you want a burglar to wake you up, put your wash-basin under the door-lock, and draw the key half out; then the slightest touch from the outside imitates a racket among the crockery, opportune to an extreme.

THE ONE SPOT.

One single spot on the fair face of a sheet of the best letter-paper will cause its rejection when the manufacturer assort it for sale.

In obtaining recruits for the army, a single blemish in the eye, a little defect in the hearing, the loss of a finger or a toe, the slightest limp or halt in the gait, is the one fatal spot which causes rejection, however perfect the health in all other respects.

A faultless specimen of manly vigor offers himself for examination, for the purpose of obtaining an insurance on his life, but at the very first trial of the pulse under the surgeon's finger, the certificate is peremptorily denied, because there is a fatal heart-disease lurking under that fair exterior.

Here is a man who for a lifetime has had uniform good health; never dreamed but that he was perfectly well, but noticed for the first time, an hour before, a little white pimple about the mouth, surrounded with several red ones, giving a dull hurting, causing, however, not the slightest apprehension; but meeting the family physician accidentally on the street, he inquires very carelessly: "What is it?" On a close inspection, the experienced practitioner detects the existence of a "malignant tubercle," which he knows will rapidly spread with a discoloration, and end in death within twenty-four hours! as in the case of Miss M. A. B—, last week; of Mr. Henfield, six months ago; and of Mr. Casy, awhile before that, all of Brooklyn.

These are spots physical and fatal, all! There are moral spots just as fatal to character, health and life itself. I knew a young wife, first at Rockaway, who could boast of family, fortune, education, health, and great personal beauty; fascinating in her conversation, faultless in her intercourse with society, and of a benevolence so hearty and so free, that it was impossible for her neighbors not to love her with their whole hearts. But there was one spot, only one; that not known, even to her husband; she would take opium, and died of its over-use at twenty-three.

I have been delighted by the hour in listening to the recitations and reading the manuscript poetry of Mrs. L— of Kentucky. Neither beautiful nor ugly, but the spoiled and educated child of a rich father. She had a genius and a power which won all hearts, purely. One morning I learned she was dying, although in perfect health the day before. At intervals of a year, the demon of a drunken debauch! came over her. It killed her husband, one of nature's noblemen. The one spot!

I knew a wife, living yet I think, a model of personal purity, of domestic industry, system, order and thoroughness. A slave to the care for her family of healthful, beautiful children, there was no sacrifice, no self-denial which she was not ever ready to make or practice for their comfort. Her husband, as the world goes, was all that could be desired as to industry, system, temperance, regularity and order. It ought to have been a supremely happy family. It was wretched. The one spot was her insufferable ill-nature. It would be untrue to say she seldom came to the table without some expression of dissatisfaction. In twenty-six successive weeks, during which I daily sat at the same table, she never failed once to emit some venom either against the children, the servants, the food, or the weather, or something else. The whole house was kept in a turmoil, no single day ever passed without it! Her only son was driven to an engine-house, did not sleep at home "once in two years;" thence to the gutter; her daughters married for a home, and she went to an asylum in her old age.

There are many young men with whom you can not help being pleased, frank, courteous, magnanimous and kind; they always meet you with a smile and a welcome, and you know it is cordial and sincere. On inquiry, they "drink." The one spot! It blasts all things else.

That daughter is beautiful, amiable and courteous; in all she says or does, there is nothing to hang an adverse criticism upon. The moment she passes from her father's door, dressed in faultless taste; go to her room, and every article it contains has impressed upon it the one spot of incorrigible sloven.

Let the reader this moment inquire, What spot have I? and begin on the instant to wash it out at any and every sacrifice, for they only who are admitted to the mansions of the blessed are those "not having spot or wrinkle, or any such thing."

COFFEE POISONS.

If it be true that there are men so lost to all moral principle as to deliberately put strychnine and other poisonous drugs into liquid compounds, and then sell them for Bourbon whisky or French brandy, there are others who will adulterate coffee for the sake of gain, and sell it as a pure article. There are two very certain methods of avoiding imposition: either drink no coffee at all, or purchase the berry and burn and grind it yourself.

It is claimed that several families have been poisoned in Brooklyn by drinking what was sold for pure rye-coffee. Ergot of rye is certainly one of the most deadly poisons; and the city grocer may have been imposed upon by some careless farmer, who did not clean his grain properly. Those who are so lazy or thriftless as to purchase ground coffee to save themselves the trouble of preparing it at home, deserve to be poisoned—a little; but as it may be necessary sometimes to do so in an emergency, it is well to know that if ground coffee is pure, it very slowly discolors cold water, and is also slow to soften; but most adulterations blacken the water at once, and become soft besides. Of thirty-four samples of city-sold coffee of all kinds, thirty-one were found to be more or less adulterated.

"Chicory," or *succory*, is a garden endive, and is extensively used as coffee by the poorer classes; costing, in its parched and ground state, only fifteen cents a pound. It is simply the root of an herbaceous plant sliced, dried, parched and ground; it is one of the "drugs" of the apothecary, and is spoken of, in medical dispensaries as a "tonic;" as a "deobstruent;" as "acting on the liver;" it is said by some to impair digestion; to cause dyspepsia and bring on headaches, etc. The safer plan for all who wish to economize, and think they must have some kind of coffee for breakfast, is to use burnt bread-crust, or the common carrot prepared like chicory.

Many think they can not do without something to drink at regular meals; but this is a mere habit; if it must be done, it should be something quite warm, almost hot, because it is known by actual ocular demonstration, that cold water or any other cold liquid introduced into the stomach at meals, as instantly arrests the process of digestion, as water extinguishes a live coal; cold milk at meals has the additional disadvantage, if used freely, of engendering constipation, biliousness and the long list of minor symptoms which inevitably follow these conditions. But large draughts of even warm drinks at regular meal-times are very pernicious; as they not only cause "oppression," but by largely diluting the fluids which nature has prepared for converting the food into a nutrient material, render them less efficient, impose additional labor on the stomach and prematurely exhaust its powers. No one should exceed half a pint of liquid at any meal; invalids and the sedentary should use habitually still less.

BURNING TO DEATH.

THIS is a terrible calamity, yet it is a daily occurrence in any large city, and is almost always the result of gross carelessness, recklessness, or ignorance. Loss of life from the clothing taking fire may occur any hour in any family. The prevention and the remedy are matters of personal interest, at least to all parents; and certainly every school-teacher in the land should know how to act in the premises. Dresses can be made so that they will not readily take fire. The most available plan, the most economical and most accessible is to soak the clothing in strong salt-water just before wringing it out. There are other preparations used, such as a solution of sulphate of ammonia, tungstate of soda, etc., but the advantage of common salt is, that while it is as efficacious as others, it is not so liable to injure the colors of the dress. But it is not the wisdom of the times to prevent calamities. The next best thing is to know how to act in case of the dress taking fire. The beautiful and accomplished wife of a great name lately died, within the hour, by her dress having taken fire from a bit of blazing sealing-wax falling on it, while she was affectionately amusing her sweet little children at the sewing-table. Her husband was in an adjoining room and was instantly at her side, but either had not the knowledge or the presence of mind to arrest the progress of the flames. Perhaps three persons out of four would rush right up to the burning individual and begin to paw with their hands, without any definite aim. It is useless to tell the victim to do this or that, or call for water. In fact, it is generally best to say not a word, but tear up the carpet, or seize a blanket from the bed, or a cloak, or any woolen fabric—if none is at hand, take any woven material—hold the corners as far apart as you can, stretch them out higher than your head, and running boldly to the person, make the motion of clasping in the arms, most about the shoulders, this instantly smothers the fire and saves the face; the next instant throw the unfortunate on the floor; this is an additional safety to the face and breath, and any remnant of flame can be put out more leisurely. The next instant immerse the burned part in cold water, and all pain will cease with the rapidity of lightning. Next get some common flour, remove from the water and cover the burned parts with an inch thickness of the flour if possible. Put the patient to bed and do all that is possible to soothe, until the physician arrives. Let the flour remain until it falls off of itself, when a beautiful new skin will be found. Unless the burns are deep, no other application is needed. The dry flour for burns is the most admirable remedy ever proposed, and the information ought to be imparted to all; the principle of its action is that like the water, it causes instant and perfect relief from pain by totally excluding the air from the injured parts. Spanish Whiting and cold water of a mushy consistence is preferred by some. Dredge on the flour until no more will stick, and cover with cotton batting. In washing clothes, use one part of sulphate of Ammonia with nine of water; one pound of tungstate of soda to a gallon of water. Dresses to be starched should have one third of tungstate and two thirds of starch.

WOOLEN CLOTHING.

THE most healthful clothing for our climate, the year round, is that made of wool. If worn next the skin by all classes, in summer as well as winter, an incalculable amount of coughs, colds, diarrheas, dysenteries and fevers would be prevented, as also many sudden and premature deaths from croup, diphtheria and lung diseases. Winter maladies would be prevented by the ability of a woollen garment to keep the natural heat about the body more perfectly, instead of conveying it away as fast as generated, as linen and flaxen garments do; as also cotton and silk, although these are less cooling than Irish linen, as any one can prove by noticing the different degrees of coldness on the application of a surface of six inches square of flannel, cotton and linen to the skin, the moment the clothing is removed. The reason is, that wool is a bad conductor of heat, and linen is a good conductor.

It is more healthful to wear woollen next the skin in summer, because it absorbs the moisture of perspiration so rapidly, as to keep the skin measurably dry all the time. It is curious to notice that the water is conveyed by a woollen garment from the surface of the body to the outer side of the garment, where the microscope shows it condensed in millions of pearly drops; while it is in the experience of the observant, that if a linen shirt becomes damp by perspiration, it remains cold and clammy for a long time afterwards; and unless removed will certainly cause some bodily ailment.

In the night-sweats of consumption, or of any debilitated condition of the system, a woollen flannel night-dress is immeasurably more comfortable than cotton or linen, because it prevents that sepulchral dampness and chilliness of feeling, which are otherwise inevitable.

The British government make it imperative that every sailor in the navy shall wear woollen flannel shirts in the hottest climates. The shrinkage of woollen garments in washing, whereby they become hard, impervious and board-like, has prevented their more general use; but there are three ways of preventing this, to a greater or less extent; either let about one fourth of the material be made of cotton; have it dyed red or some other color before it is woven; or if it is greatly preferred that it shall be white, exercise proper care in the process of washing. To prevent white woollen stockings from shrinking, have wooden stretchers made of the size and general shape of the foot, and let the stockings remain on them until perfectly dried; or, before rinsing the stocking, double it so as to fold at the heel and lay the foot on the leg, then roll it tight, and ring it crosswise.

In washing all woollen garments, put them in very hot soapsuds-water, so as to be covered; then, when cool enough to allow the hands to be put in, simply press it about with the fingers or hands, and before taking the garment out, make the water for rinsing several degrees hotter than that from which it is to be taken, but instead of wringing the water out, or twisting it about in the water, raise the garment out of the water, up and down a good many times, and then lay it over a line and let it drip dry; this process will, to a considerable extent, prevent fulling or shrinkage, and is worthy of being communicated to every person who expects to be a housekeeper.

WHITEWASHES.

COMMON lime quickly and perfectly absorbs carbonic and other disagreeable and unhealthful gases and odors; and for this purpose, in times of plagues, epidemics, and wasting diseases, is scattered plentifully in cellars, privies, stables, and gutters of the streets. It not only purifies the air and promotes physical health, but as a whitewash enlivens and beautifies wherever it is applied. As it is easily washed off by the rain if not properly prepared as a wash, it has to be so frequently reappplied that it is considered troublesome by many; hence the rich use paint, and the poor use nothing to protect their dwellings, fences, etc., from the ravages of the weather; yet the difference between a well-whitewashed farm and one where no lime is used, would amount to a large per centage in case of a sale. For the physical and moral benefits which may arise from the abundant use of lime as a whitewash, several modes of preparing it, so as to make it more durable, whether applied in-doors or out, are here given, with the suggestion that the same amount of money necessary to keep a man's premises well whitewashed, can not be expended to as great a moral and healthful advantage in any other way.

1. One ounce of white vitriol (sulphate of zinc) and three ounces of common salt to every four pounds of good fresh lime, that is, lime which has not fallen into dry powder from exposure to the atmosphere, with water enough to make it sufficiently thin to be applied with a brush, makes a durable out-door whitewash.

2. Take a clean water-tight barrel, or other wooden cask, and put into it half a bushel of lime in its rock state, pour enough boiling water on it to cover it five inches deep, and stir it briskly until it is dissolved or thoroughly "slacked," then put in more water and add two pounds of sulphate of zinc—that is, white vitriol—and one pound of common salt; these harden the wash and prevent cracking; this may be colored according to taste by adding three pounds of yellow ochre for a cream color; four pounds of umber for a fawn color, with a pound each of Indian red and lamp-black.

3. Mix up half a pail of lime and water ready for whitewashing; make a starch of half a pint of flour and pour it, while hot, into the lime-water while it is hot. This does not rub off easily.

4. A good in-door whitewash for a house of six or eight rooms is made thus: take three pounds of Paris white and one pound of white glue; dissolve the glue in hot water, and made a thick wash with the Paris white and hot water, then add the dissolved glue and sufficient water to make it of the proper consistence for applying with a brush. If any is left over, it hardens by the morning; but it may be dissolved with hot water; still it is best to make only enough to be used each day; spread it on while it is warm.

It is said to add to the value and lastingness of any lime-wash if the vessel in which it is slacking is kept covered with a cloth; this not only confines the heat, but keeps the very finest of the particles of lime from being carried off by steam, wind, or otherwise.

When it is taken into account how much buildings and fences are protected against the destructive influences of the weather, if they are plentifully whitewashed in April and November, to say nothing of the cheeriness, beauty, and purity which it adds to any dwelling, it is greatly to be desired that the practice of whitewashing liberally twice a year should be adopted by every household in the nation, where paint can not be afforded, and on every farm.

SCHOOL-CHILDREN.

THIS beautifully bright morning of March the fifth, with the thermometer at within twelve of zero of Fahrenheit, at eight o'clock, found us taking the usual walk of a mile and a half along Fifth Avenue, from dwelling to office, with our four responsibilities, who go to school near by. Alice, our eight-year old, who was full of talk, said: "Father, I wish I was my teacher's pet, but I am not; her pets can do as they please, but she is so strict with the rest of us." "Who are her pets, my daughter?" "The ones that know their lessons best." "Are they larger or smaller than you?" "Oh! they are the tiniest girls in the school. My teacher says the smallest girls in the school are the smartest."

On another occasion, when told of a girl who was never absent, never missed a word in any of her lessons, I inquired if she was good-looking. The reply was: "She is so pale and thin; and there are sores on her hands and face." Similar answers have been made in various other cases. The actual fact is, that the good scholars study themselves to death, and are petted and favored in a great variety of ways; while those of less mental capacity are treated with an impatience and a sternness which soon gives them a dislike for school, for their teachers, and for learning in general; and Saturdays and Sundays are the only sunshiny days of the week to them. I frequently say to my children: I don't want you to strive for "head." I don't want you to be promoted, for the oftener you are, the harder you will have to study. You have plenty of time, and I would rather see you eat heartily, and sleep soundly, and know but little, than that you should know a great deal, and grow pale, and thin, and weakly, and die before you are grown up.

Among the most important observances for school-children, and which every wise and affectionate parent will never lose sight of, are:

1st. See that they have all the sleep they can take. Every child under ten should be in bed by eight o'clock, summer and winter, so that they may have nearly eleven hours' sleep. Those older should be in bed at nine, and be required to rise at six; thus they will have more time for study in the morning, when the brain is rested and acts efficiently, and will also be prevented from injuring their eyes, as very many school-children do, by using artificial light.

2d. See to it that every child goes to bed with warm, dry feet, and that they sleep warm all night,

3d. If you are a human, and not a brute, never allow your child to go to bed with wounded or ruffled feelings from any angry words or harsh or hasty conduct on your part. Always send them off to school in a happy and affectionate state of mind; and when they return, let them be invariably received with a kindly greeting, and a loving, thankful heart that they are once more returned to you in health and safety. These things are the more necessary as their ambitions, their disappointments, their discouragements, and their troubles, in reference to their school and their lessons, are as important to them as yours to you in the mightier matters of life; and if they find not a balm for all these in the affection, and smiles, and sympathy, of their mothers especially, it is to them a misfortune, and to such mothers a disgrace.

4th. By all possible means arrange that your children shall reach school with dry feet and dry clothing; the neglect of this has sent many a sweet child to its early grave, the victim of a mother's carelessness or a teacher's stupidity.

5th. School-children should eat with great regularity; thrice a day is all-sufficient for those above ten. Frequent eating, and tempting their appetites with sweetmeats and delicacies, has been the ground-work of early and life-long dyspeptics to multitudes.

6th. Teach children perseveringly the importance of attending promptly to the calls of nature; and by any and every means bring it about that this shall be done before leaving for school in the morning. To this end arrange that they shall be through with their breakfasts an hour before it is necessary to start for school, even if they have to eat by candle-light. Cases of fatal inflammation of the bladder have often occurred in consequence of the ignorance or brutality of teachers in this connection.

7th. Embrace every opportunity of impressing the child's mind with the fact that teachers are laboring for their good, and therefore ought to be loved, respected, and obeyed, as their best friends.

LIFE WASTED.

VALUABLE lives are often thrown away, lost, through ignorance of some of the simplest truths in nature, or errors of judgment in matters where error becomes a crime. Some of the best and wisest and greatest men of our race have perished from the world, in consequence of what might be considered a carelessness, a recklessness, or an ignorance, which is amazing, as found in minds like theirs. The immediate cause of Lord Bacon's death was sleeping in a damp bed. Any old woman, who "didn't know B from Bull's foot," would have had more sense than that. Yet it was the fatal error of the greatest mind of his age and generation.

Washington Irving, whose name is so loved and honored and revered, hastened his death by taking the advice of a fool, instead of his physician. Abbott Lawrence, the financier and the philanthropist, brought on his last illness by an injudicious change of clothing.

Rachel, the greatest tragic actress of her time, took a cold which carried her to her grave, by riding from New-York to Boston in cars not sufficiently warmed, on a bitter cold winter's night, immediately after a performance, which had heated up her whole system, far beyond its natural standard. J. Addison Alexander, for whom it is claimed that he was the best Bible scholar living, and that he had powers of mind not equaled in his day, died in the very prime of life, because "having a feeling almost bordering on contempt for physicians," he allowed his mortal malady to prey upon him secretly; and the day he died, he thought he was going to get well. Because he knew nothing about disease, he concluded, with all his resplendent intellect, that men who had made it a life-long study, knew nothing about it. The magnificent deduction cost him his life. And now another name comes up to our notice, in the same connection, as illustrating the fact that the greatest minds are capable of follies most amazing. The philosopher, the scholar, the soldier, and the Christian, were all blended in the name of Professor Mitchel, the great astronomer, the gallant soldier, and resistless general. His was the greatest loss to the nation, up to this hour of the contest, and yet his life was literally thrown away, by his own inconsiderate act; by doing deliberately what we would suppose the commonest mind in the nation would have regarded as exceedingly dangerous; and it is named here to benefit the living, without prejudice to the honored and lamented dead. General Mitchel was attacked with symptoms of yellow fever; his physician acted promptly, and labored to restore the functions of the skin, to cause perspiration, which every professional man knows is the turning-point for life in that disease. It was eventually brought about, to the unspeakable joy of his medical attendant, Dr. Thomas T. Smiley, at twelve M., October 28th, 1862; but when he returned, two hours later, his patient had been attacked with a chill, the pulse went up from 85 to 120, the General having got up and ordered his bed changed, *while in this perspiring condition*. Delirium set in, and he died, the attending surgeon leaving this record: "I am of the opinion that had General Mitchel remained in bed, and kept the skin in good condition, he would without doubt have recovered."

POISONS AND ANTIDOTES.

THE antidote of a poison is that which renders it instantly harmless; this it does by converting the elements or ingredients of the poison into new compounds, which are wholly innocuous. But in all these cases, the benefits to be derived from the employment of an antidote, are proportioned to the instantaneousness of the application; the importance of this is very generally understood, but it serves to deprive friends of all presence of mind; they are thrown into such a flurry, as to be incapable of connected thought, or efficient action. It may therefore save many a human life, if the reader will impress upon his mind two or three general principles. It is true, that "every bane has its antidote," but as there are hundreds of poisons, and the memory would be overtaxed with an antidote for each, it is agreeable to note that some substances are perfect antidotes against a dozen poisons; and it is fortunate, too, that these substances are almost always at hand, even in the poorest households. Strong coffee; salt and mustard; white of eggs; any kind of domestic oil, lard or grease—these four things antagonize almost all ordinary poisons. If the reader will bear this in mind, he can be happily and efficiently calm, under almost any circumstances of poison, in which he is likely to be placed.

1. Prevention is best. No poisonous substance should be allowed in any household for one single instant, after it is out of the hand; whatever has been left after use, should be at once thrown into the sink, or carried out into the street or road, broken, poured out or scattered.

2. The very moment you see any thing in a paper or bottle or other vessel, without a mark showing what it is, empty it without a moment's delay into the sink; this is safer than throwing it into the fire, for it may be inflammable or explosive, and cause much mischief.

3. Never take, taste, or give any thing, whether powder or fluid in the dark, or without looking deliberately at the label, in a clear light, although you may have put the vessel or paper down with your own hand, a minute before.

But from inattention, recklessness, or design, poisons will sometimes be swallowed, and the truly wise will inform themselves beforehand, as to the best means of procedure.

1st. Send for a physician. Meanwhile, remember that the effect of administered poison is instantaneous, or comes on slowly. If instantaneous, the patient immediately cries out with the sensation of heat or burning, or scalding at any point from mouth to stomach; the presumption then is, that some corrosive poison has been taken; something which eats or destroys or disorganizes the muscles or fleshy parts of the tongue, mouth, throat, stomach, etc.; most poisonous substances of this sort are acids, and the first best remedy likely to be at hand, is common soap dissolved in water, or soda or saleratus or magnesia; but in the hurry of inexperienced hands the remedy may be made so strong as to become of itself another poison, hence it is best to take the simplest thing which is most likely to be at hand, and which can not injure in any quantity or strength in which it can be taken; hence for poisons which cause an instantaneous sensation of burning in the throat, etc., drink a tea-cupful of sweet oil or lard or grease of any sort; the most that can happen from an over amount is that it will be vomited up, and this brings more or less of the poison out of the stomach; then you can more leisurely drink magnesia-water or strong soapsuds, or a table-spoon of wood-ashes, put in half a pint of lukewarm water, stir, let it settle two minutes, pour it off and drink.

If a powder has caused the urgent sensations, the most generally applicable antidote is to swallow one or two raw eggs; the white is the efficient part, but there may not be time to separate the yolk; this is best in poisons from arsenic, corrosive sublimate, verdigris, creosote, etc.

If the effect is not instantaneous, and time may be taken, the first best thing to be done in all cases is to get the poison out of the stomach instantly, by swallowing every five minutes a tea-cup of warm water into which has been stirred a full tea-spoon each of common salt, and ground kitchen-mustard; there is vomiting almost as soon as it reaches the stomach; then drink a cup or two of very strong coffee, which is the best remedy for all anodyne poisons, as opium, morphine, laudanum, etc., etc. In short, if the sufferings are instantaneous and urgent, drink sweet oil or soapsuds; if gradual or causing drowsiness, mustard emetic, strong coffee or white of eggs.

CURES.

INSTEAD of all the fools being dead, we verily believe they are on the increase, in spite of our ten years' labor in the endeavor to wedge a little mite of common-sense into the craniums of Tom, Dick, and Harry. When in England some years ago, we thought patent medicines and secret remedies had quite as great a run as in America, although England had had nearly two thousand years' longer schooling than we. This would seem to prove that the more intelligent a community becomes, the more gullible it grows. In looking over our exchanges, religious and otherwise, it is perfectly clear, according to the affidavits and testimonials of clergymen, divinity doctors and doctors of law, of men and women, old grannies and maids, that every thing can be cured, from a finger-scratch to amaurosis, malignant tubercle and death-rattles, in little or no time; and that if any body dies, it is their own fault entirely. Recently, a sub-editor went to an eye-doctor.

"What's the matter with my eye?"

"Amaurosis."

"Can you cure it?"

"Oh! yes."

"How long?"

"Two weeks."

"How much?"

"You can pay five hundred dollars now, on account, and further, according to circumstances."

The quill man declined; went to Chicago, took a few warm baths, and after paying some attention to the general health, returned to New-York, apparently well of — "amaurosis!" one of the most certainly fatal of all diseases.

While all this is going on in New-York, "in the way of trade," the unprofessional "put in an oar" every now and then, free gratis for nothing. The latest thing of the kind appeared in the columns of that staid and sterling paper, the *New-York Observer*. Some writer, itching to deliver himself of an idea "as clear as mud," literally, writes to say that he is a firm believer in the "mud cure" of hydrophobia, as he knew a man who was bitten by a mad dog; a lump of mud was plastered over the wound for half a day, and at the end of thirty years, the man was living in good health. The utter folly of putting forth such miserable stuff as this, in reference to so serious, so terrible a thing as hydrophobia, may be seen at once, in the fact that John Hunter, than whom there has never yet lived a greater surgeon, says he knew twenty-one persons who had been bitten by mad dogs, and but one of the whole number became hydrophobic. Each of the twenty might have claimed that his was a "cure." It is the fashion now to call every sore throat a child has, "diphtheria," and every child that gets well was cured by the thing which was done for it; but the next person who tries it, loses his child, which might have been saved by promptly calling in medical advice. No doubt the virtues of the "mad stone" have grown out of the fact, that now and then persons who have been bitten by mad dogs, or supposed to be rabid, have remained unharmed after the application of the stone; not because of any virtue it possessed of antagonizing the poison, but simply because the system of the bitten individual was not at the time susceptible to the influences of the virus. A child *said* to have diphtheria gets well after smoking tar, poured on a live coal in the bowl of a common pipe, or by stretching a bag of ashes and salt, or mush and molasses, from ear to ear under the jaw; but to say that these are cures of the terrible complaint, is the lamest of all conclusions. No business man would risk five dollars on that kind of reasoning. And yet it is upon such grounds that the papers are filled with "cures," *certain, infallible*, of every malady under the sun. By all that is sacred in a holy human life, we urge the reader, when he or any of his are ailing in any way whatever, to do one of two things; either do nothing, and let nature take care of herself, or consult your family physician, who, if educated to his profession, will take an interest in you beyond any stranger; or, if he sees the case is beyond his skill, will frankly acknowledge it, and will take pains to turn you over to some man of eminence and acknowledged ability.

HOUSEHOLD VERMIN,

INCLUDING rats, ants, cockroaches, bed-bugs, body-lice, etc. These are to citizens what weeds are to farmers, compelling all to work for a living; and work gives a good appetite, a vigorous digestion, sound sleep, general health, and a good old age. It may be a question of ethics, whether we ought to set our wits to work in devising any short cuts in the direction of exterminating the house-pests above named. Until our doctors of divinity settle this point, the safer side may be taken of erring from ignorance, rather than overt design, if it be an error to wage a war of extermination against every living thing which occupies your premises without your consent, and without paying for "board and lodging."

Prevention is the safest and noblest remedy; of these, personal and habitation cleanliness and a big tom-cat are perfectly efficient. But the number of clean housekeepers in the city of New-York is not over one in a hundred, judging from the gangrenous green which defaces the "risers" in the steps which lead into our brown-stone mansions, and the unswept condition of the gutter part of the street-way, in front of most dwellings. And if any of our readers are curious to see sights, let them "happen in" at some of the "auctions of household furniture," which are so numerous in any April in New-York; auctions in first-class houses of families "going to the country," "breaking up housekeeping," or "going to Europe," meaning three times out of four, perhaps, a "financial smash-up." Let any reader go into any dozen such places, and judge for himself as to the supply of good housekeepers, tidy and clean, in this great Gotham. But do not judge from the condition of the parlors and parlor furniture, but look into cellars and sinks, and closets and attics; inspect bed-ticks and mattresses, and "comfortables" and woolen blankets. Such sights! And then again, what loads of abominations in the cellar! What piles of bones and bottles; of old shoes and wads of fat; pork-skins, fish-heads, empty mackerel-kits, and Scotch herring-boxes; and other things, too numerous and suggestive to mention! So that if tidiness were the only remedy for house-vermin, New-York would soon be like Egypt in olden time, when noisome insects swarmed on the food as it was being passed into the mouth.

BODY VERMIN breath through their sides; common sweet oil plugs up their air conduits, and death from suffocation is speedy and certain, always. Ignorance in many cases makes the oil, which is the efficient remedy, merely the vehicle for applying a poison dangerous to man, which has no efficiency whatever in destroying vermin.

ROACHES devour greedily, and die while eating, flour paste, if into half a pint of it, while hot, a dime's worth of phosphorus is stirred, in a tin cup, with a long stick. When this is nearly cold, a quarter as much grease, to keep it from drying; then smear it on broken glass or dirty board, to be left where they congregate.

THE PERSIAN POWDER is harmless to man, but certain death to insects. It is the powdered blossoms and flowers of a Caucasian vegetable, called "Pyrethrum Roseum," of a yellowish gray, odorless, tasteless at first, but leaving a burning sensation. The plant will flourish in our country, and seeds will be furnished by the Agricultural Department at Washington City. Address Hon. J. Newton, Department of Agriculture, Washington, D. C. It is the best remedy known, because cheap, perfectly harmless to man, and infallibly fatal to insects.

HOUSE-FLIES.—Take as much each of ground black pepper and sugar as will lie on a dime, moisten with two teaspoons of cream or rich milk, and spread it on a plate or board; the flies eat it, seek the air, and die out of doors. Or mix the liquor of boiled poke-root with a little molasses, and spread it about on plates.

The powder of *Coculus Indicus*, which boys use to stupefy fishes, destroys many insects, if scattered about their haunts.

As for rats, it is best to keep a good cat or terrier-dog; or keep every thing eatable on shelves hanging from the ceiling or around the walls. Chloride of lime, wrapped in a rag and stuffed in rat-holes or passage-ways, will sometimes drive them from the house for a few months, until the chlorine odor has disappeared. Five cents' worth of strychnine, mixed in three table-spoons of corn meal, with a few drops of anise, attracts the rats, but it is too dangerous a substance to come into any household. A table-spoon of plaster-of-Paris in powder, mixed with a pint of Indian meal, with grated cheese or oil of anise, is safe and effectual. Ten grains of powdered phosphorus, mixed with a pint of Indian meal, is a good remedy. Powdered potash, strewn in their paths, makes their feet sore, and drives them away. Rats are too cunning to be caught long by any kind of trap. But there is nothing so efficient as a good-mannered, well-trained cat; dogs annoy neighbors by their barking.

PHILOSOPHY.

PRACTICAL philosophy is that which enables us to look at the ills of life, its disappointments and its diseases, in a manner which does much to surmount them and deprive them of the power to do any permanent injury. True philosophy has no pretense about it; no chicanery, no fraud; it does not worry itself in the endeavor to make the worse appear the better reason, or in making troublesome concealments; on the contrary, it finds a happiness and a grateful relief even in a frankness which endangers a storm of ridicule. Who, for example, does not admire the moral courage of the elderly negro noticed upon the hurricane-deck of a steamer, after the taking of Fort Donelson; with a philosophical and retrospective cast of countenance, he squatted down on his little bundle, toasting himself against the chimney, in a state of most profound meditation.

"Were you in the fight?"

"Had a little taste of it, sa."

"Stood your ground, did you?"

"No, sa, I runs."

"Run at the first fire, did you?"

"Yes, sa, and would hab run soona, had I knowd it war coming."

"Why, that was not very creditable to your courage."

"Dat isn't in my line, sa—cookin's my perfeshun."

"Well, but have you no regard for your reputation?"

"Reputation's nuffin to me by de side ob life."

"Do you consider your life worth more than other people's?"

"It's worth more to me, sa."

"Then you must value it very highly?"

"Yes, sa, I does—more dan all dis wuld—more dan a million ob dollars, sa; for what would dat be worth to a man wid de bref out ob him? Self-preserbashun am de first law wid me."

"Then patriotism and honor are nothing to you?"

"Nuffin whatever, sa—I regard dem as among de vanities."

There is another kind of philosophy, or which may be called a moral force, which often enables men to live above disease, and survive for many years, ravages on the constitution, which, preying upon persons of less strength of mind, would hurry them to the grave in a very short time. We remember to have heard of a neighbor in early youth named Hume. He was a great miser and very rich. He was apparently at the point of death. All his broad and fertile acres had been disposed of, and he ceased to dictate to his lawyer, who, knowing he had a large amount of silver and gold in his house, said to him after a pause: "Well, Mr. Hume, what disposition will you make of your money?" "My money! do you expect me to give away my money, too! I will not do it;" and summoning to himself what, under the circumstances, seemed to be a superhuman energy, he rose from his bed, dressed himself, broke the spell of his disease, and lived some years afterward to advocate the making of tin hats, as they would not soon wear out.

Of two persons having consumption, with apparently equal chances of life, the man who abandons himself to his fate, hugs the fire, and is afraid to stir out of doors lest he should take cold, inevitably dies in a short time; the other, having force of character, indomitable determination, and a truer philosophy, considers that life is worth striving for, that he can but die any how, and braving all winds and weathers, fights courageously against his malady, and lives to be an old man. So it is in some forms of paralysis, rheumatism, and other disablements, the exercise of a true philosophy is manifested in brave resolves to live down disease, to live above it, and by sheer force of will to break the spell which was thrown over the succumbing body; thus the mind may, and often does become a power over human maladies more efficient than the most famed medicines of the apothecary.

SPECIFICS

ARE such drugs as very certainly cure the ailments or effect the objects for which they are administered. No medicine can be always successful, for man was born to die; but there are some which so uniformly accomplish the end intended that they are very implicitly relied upon. There are specifics moral as well as medicinal, and it may answer a useful purpose to give examples of both.

The best specific for a horse-thief is a hempen halter; never since the world began, has it ever been found necessary to repeat the dose.

If you want to get rid of a troublesome and unprincipled acquaintance, without offending him, lend him five dollars.

A specific for all earthly troubles, not excepting that greater than all of them, a partnership with a virago and a shrew, said to have been the lot of one of the wisest of men, Socrates the husband of Xantippe, as also one of the best of men, the good John Wesley, is a dose of strychnine; but this is jumping out the frying-pan into the fire, for the suicide, the last act of whose life is the deliberate violation of one of the plainest of all the commands of the great and good Father of all, "Thou shalt not kill," must wake up in the life beyond, with that "fearful looking for of judgment," which is the lot of all the wicked.

But there is another kind of specific, wholly different from all these, and of another meaning, it is that of specific directions, medically speaking, for the want of which many a prescription has proved inefficient, and many a valuable life has been lost. A physician once advised a sufferer to apply a mustard plaster to the chest. The next morning the patient returned, worse than before. On more specific inquiry it was ascertained that with becoming faith, particularity and earnestness, the plaster aforesaid had been applied to the chest, but it was to the wooden one at home, which held all the patient's clothing. The doctor's directions were not specific enough. I have often found it very satisfactory as to results, when giving instructions to patients as to that all-important agent in the cure of disease, diet, to put in print the exact items of food to be placed on the table, adding thereto: "Nothing else." This is specific, clear, sharply defined. Not so the judge in the following case, as no doubt the unfortunate jurors felt to their sorrow:

"If the jury believe, from the evidence, that the plaintiff and defendant were partners in the grocery, and that the plaintiff bought out the defendant, and gave his note for the interest, and the defendant paid for the note by delivering to the plaintiff a cow, which he warranted not breachy, and the warranty was broken by reason of the breachiness of the cow, and he drove the cow back and tendered her to the defendant, but the defendant refused to receive her, and the plaintiff took her home again, and put a heavy yoke or poke upon her to prevent her from jumping the fence, and by reason of the yoke or poke she broke her neck and died; and if the jury further believe that the defendant's interest in the grocery was worth any thing, the plaintiff's note was worthless and the cow good for nothing, either for milk or beef, then the jury must find out themselves how they will decide the case; for the court, if she understands herself, and she thinks she do, is at a considerable non-plus how such a case should be exactly decided."

O N E A C R E .

ONE of the most general causes of unthrift to farmers, as well as reasons why many persons who retire to the country to spend the evening of their days, after having accumulated a fortune in the city, and soon tire or become dissatisfied, is the unwise grasping for too much land. The farmer wants from the first to secure enough to be a little fortune for each child, by the rise in price. The citizen can not rid himself of ideas about profit and loss; and his mind will run on the fact, that if he gets a good slice of land, it may turn out that he can divide it into town-lots in a few years, and realize an immense per centage; but while he is waiting for a town, a messenger comes to say, "You are wanted"—for the last great account! The young farmer, after working out a little lifetime in trying to pay interest, wakes up some morning to find that he has already paid more for his farm than it is worth, and is owing a considerable amount on it besides; for the "rise" never came! Let the merchant remember that going to the country will kill him all the sooner, if he does not at the same time go to work; that the vexations attendant on a large place, which is equivalent to embarking in a new business, one about which he knows almost nothing, will inevitably produce a disquietude of mind, and at length a general irritation of temper, many fold more injurious to his well-being than if he had remained in business. As much work can be profitably expended on one acre of arable soil as any retired merchant ought to perform in twelve months. And there are farmers, wise beyond their day, who, by expending on one acre the labor which others have diffused over twenty, have saved more money, lived more quietly, enjoyed more happiness, and reveled in more luscious good health. By what follows, it may be seen how a man made money for two successive years, by cultivating one acre of land well; planting potatoes the first year, following them with wheat.

<i>Dr.</i>		<i>Cr.</i>	
POTATOES. -			
To 12 loads manure,.....	\$10 00	To 218 bushels potatoes, at 97	
Hauling and spreading same,...	3 00	cents,.....	\$211 46
Plowing in potatoes,.....	8 75	Tops as manure,.....	3 00
11½ bushels seed, at 90 cents, ..	10 35	31 bushels wheat, at \$1.25,....	38 75
Hoe-harrowing and hoeing,....	3 25	1 ton straw,.....	8 00
Digging and putting in cellar, ..	24 87½	Chaff,	1 00
Hauling to market, (10 miles,)..	6 25		
WHEAT.		<i>Cr.</i> ,.....	\$272 21
Harrowing,.....	1 50	<i>Dr.</i> ,.....	76 05
Seeding,.....	87½		\$186 16
1½ bushels seed, at \$1.30,.....	1 95	Interest on land, 17 months,...	2 75
Cradling and hauling in,.....	2 50		\$183 41
Threshing and cleaning,.....	2 50		
Hauling to market, (2 miles,)..	75		
	<hr/>		
	\$76 05		

The land was a good loam, with a light clover sod. The manure was spread on the sod, and plowed down with the potatoes in every third (narrow) furrow. The seed was the common Mercer, planted as early as convenient, and dug ditto; no sign of rot. The wheat was the common blue-stem. The potatoes were plowed out every third furrow, and the ground was plowed regularly, and harrowed down for wheat.

Let all who seek fortune or health in farming remember to purchase no more land than they can pay for, and no more than they can easily cultivate with the force they have; otherwise, irritations, vexations, and disappointments will eat out their health and squander their money.

SPRING-TIME.

IN the early part of May, very many persons begin to feel that they are not as well as they have been. There is a degree of languor and lassitude, an indisposition to exercise, or even to read or think much, which makes life almost a drag. This ought not to be. There is no good and sufficient reason why man should not wake up to a newness of life, and embark in its business with a new energy and a new enterprise. The grass shoots up in its greenness so delightfully refreshing, that we love to look upon it; the buds swell on the trees, and the beautiful flowers unfold themselves; while the birds of the wood fill the sweet air with their rich and gladsome diapasons! And why should man alone, of all the creation, look with a languid eye upon the spring-time? It is unnatural, it is wicked, it is absurd; and it comes about in this plain matter-of-fact way. Man alive! do you see that pig yonder, lying in the corner of the fence, or at the foot of the wall, his eye half-closed, and so lazy that he can't summon up courage enough to wag his tail? An hour sooner he was not so, but was running toward the corn-crib, at the farmer's cry of "pee-gy," with the same agility that a little beggar-boy will run from you, these times, on the discovery that you have in mistake given him a dime instead of a nickel. The pig has eaten so much that he can scarcely grunt. The lassitude which comes over multitudes of humanity with the beautiful spring, is the result of eating too much. There is nothing in the spring air to cause this; for it is soft and balmy and blissful, and brings animation and a newness of life to every living thing, man only excepted!

The "modus operandi" is worthy of being studied, and well matured, by every intelligent reader. We are all kept from freezing by an internal furnace; the fuel for which is the food we eat; the living furnace, like that of our dwellings, requires more fuel in winter than in summer. Who has not, in considerable anger, abused Bridget for roasting them, by keeping up a greater fire in April than in mid-winter? and we call it perversity. But the maid does in the cellar what the mistress does in the dining-room, she simply puts the same amount of fuel in the grate or furnace daily. The maid roasts the outside of her mistress, while the mistress herself roasts her inner-man; thus she is literally between two fires. Is it any wonder that people complain of spring fever? As a remedy, Bridget opens the doors and windows and diminishes the heat, while the mistress resorts to tonics, and the master to "bitters," alias brandy-and-water, to whet up the appetite, to make the stomach call for more fuel, instead of attending to the stomach's instinct, in calling for less food. In all nature man is the biggest fool.

In spring be a strict vegetarian, be a strict cold-water man, keep clean, keep cheerful, keep out of doors, and your spring-time will not be the sleepiness of the pig, but it will be as gleeful and as gladsome as that of the sweetest birds of May.

Changing Clothing.

It has come within the observation of many a reader that serious and severe illness has been induced, and even fatal sickness caused, by a change of clothing. Injury never comes, perhaps, by putting on more or warmer clothing, but by diminishing the amount inconsiderately. The first great general rule, and always the safest, is to make the change when you first dress in the morning; if you wait until you are uncomfortably warm during the day, it is most likely to be in the early part of the afternoon; in making the change then there are two or three causes of disease in operation; the fact of undressing endangers a check of perspiration; the garments about to be put on may not be perfectly dry, there may be no opportunity, even if they are dry, to warm them up to the heat of the body; and further, just about the time you have changed, the cool and damps of the afternoon and evening begin to come on, increasing until dark, while having been thrown off your guard by the warmth of the morning, you may not feel the necessity of a fire, and by tea-time you are surprised with a disagreeable chilliness running over you; then the cold has been taken, to settle in the eyes, causing weakness and watering; or in the head, giving a running at the nose, soiling a handkerchief in an hour; or in the throat, creating a raw or burning sensation at the little hollow at the bottom of the neck and top of the breast-bone; or on the covering of the lungs, to give the painful pleurisy; or in the lungs themselves, in the shape of a troublesome bronchitis, or a dangerous pneumonia; or in the bowels, causing weakening diarrhea; or on the covering of the bowels, inducing peritoneal inflammation, to end probably in death, in a few days.

It is very unsafe to lessen the amount of clothing sooner than the first of May, and then not in quality, but in less thickness of the same material; from yarn socks to worsted; from a thick, knitted flannel shirt to one of common woolen flannel; then, about the first of June, to a gauze flannel; if this is oppressive to some, then employ canton flannel. But it is certainly a great mistake for any body to wear any thing else next the skin, even in the hottest summer weather, than woolen flannel. Silk shirts next the skin can not be advocated on any tangible grounds; the moment a man begins to twaddle with you about "electrical influences," turn your heel upon him, and set him down as a presumptive and impudent ignoramus.

EATING HABITS.

THE most common way to a premature grave, and one of the shortest cuts to that destination is down a man's throat. There is a multitude which no man can number, daily eating immoderately, thus sapping the constitution and laying the foundation for innumerable ills and a too early grave. The wise man does it, and the fool; the virtuous and the abandoned; the kind and the cross, of all climes, are among the errorists. But there are some who are wise as to this point, and the number is increasing; the number of those who are men and women of force; who think for themselves, observe for themselves; who have vigor of intellect enough to compare causes and effects, antecedents and consequents. There is constantly coming to us the knowledge of mothers, who, by the teachings of this JOURNAL, have been led to regulate their households rationally, and are reaping a rich reward in the shape of health for themselves, and what is dearer still, increasing health for their children.

The first great point in the philosophy of eating is to perform that very necessary business with the greatest regularity. A young Scotch trapper, Thomas Glendy, told us thirty years ago, that the Indians, with whom he had been hunting, ate but once a day, and that was in the early evening; that then, a single individual would consume several pounds of meat, smoke his pipe, lie down to sleep, get up by the dawn, hunt all day, eating nothing until the night again. An old beau of Washington City took it into his head that eating was a trouble, and that he would perform that process but once a day. On occasions of his being invited out in the evening, he felt compelled to take something, although he had eaten his regular dinner; but then he would eat nothing at all next day. These irregularities were very rare; he died nearly eighty years of age, a sprightly and gallant old beau to the last. On the other hand, persons who are regularly irregular, seem to live a good while. Captain Hall lately stated to the Historical Society in this city, the case of some Esquimaux, who being carried to sea on a cake of ice, ate absolutely nothing for the space of thirty days, when each man swallowed about thirty pounds of meat and oil, and neither bursted up nor died. But observation has shown that, both as to man and beast, regularity in the hours of eating is indispensable to a healthful, thriving condition. Most articles of food require several hours, to be placed in a condition to be passed out of the stomach; and if a new supply of food is introduced before this process of digestion, of conversion, is completed, the former food is not passed out until the latter has been brought to its own condition; the result of its being kept warm so long is, that it begins to decay, gas is generated, and the whole mass is corrupted. Those who eat often, who eat between meals, always have wind on the stomach, and other places; but if it can not escape, it causes a feeling of weight or oppression, and this is dyspepsia, that horrid hag which has a thousand ails in her train. Half the "girls" have dyspepsia before they are seventeen, in consequence of their everlasting nibbling at every thing in the house. The most natural and healthful times for eating would seem to be at daylight, noon, and sundown; the last meal being very light indeed.

DYING EASILY.

THE most complicated machinery, if properly made and handled, will work smoothly, easily, and well, until it is worn entirely out, all its parts having been worked equally; but if it had met with constant shocks and jars and strains, or if a stone had been thrown among its wheels, an early or violent disruption of all the parts would have been an inevitable result. Thus is it with the greatest of all mechanisms, the human body, whose builder was Omnipotence; it, too, follows the great law, the more equally and regularly it is worked; the more care is taken of it, the longer will it last; and its ending will come so gently, that it can scarcely be told by the stop-watch at what point of time the workings of life have ceased forever. It is uniformly thus with those who die at an advanced age; and these are they who, either by instinct or reason, or a fortunate induction in early life into habits of regularity and moderation, and quietude and serenity, have prevented the shocks and jolts and jars which, in other cases, have broken up the bodily machinery before it has half worn out. It is the unequal working of single wheels of life which brings premature decay and dreadful, agonizing deaths. To the good man, it is distinctly promised: "Thou shalt come to thy grave in a full age, like as a shock of corn cometh in, in his season." Not so the glutton, who taxes his stomach to its highest capacity; not so with the effeminate, who deprives the body of its wonted exercise, and thus puts a clog on its wheels, while the involuntary organs, those over which he has no direct control, work on in their natural rapidity; not so with the licentious, who run riot in their abandonment to animal appetite; these all die before their time, and their last sickness is painful and long, extending through weeks and months and weary years. But the very old are passing away from us all the time, of whom it is said, they were apparently as well as ever the day, and even the hour, before they died, and life went out as gently as the failing embers on the hearth. The genial and kindly-remembered "Laurie Todd," (Grant Thorburn,) a model of temperance, regularity, cheeriness, and industry, was standing by the fire in pleasant conversation with his worthy wife one minute, and in almost the next, he had passed on to his great account. His widow wrote to us a few days after his peaceful departure: "I do thank you especially for the March number; the testimony of the wise and good to the piety and virtue of dear Grant being just like a cordial to me in my hour of sorrow. He went out to see the thermometer, with his glasses on, forgetting I had sent it away the day before, for a little repair. The last words he said were, 'No danger,' alluding to my caution that he would burn his coat, as he was standing by the fire; the last words he ever wrote, 'lay down and went to sleep,' only thirty-six hours before his decease. So it may be said of him, that he wrote to the last; although he could not see to read for the last two or three years of his life. I never heard him murmur or complain. He viewed the hand of God in every event of life. He was a great admirer of Washington, and his last conversation was of his funeral-procession in New-York, on the last day of 1799. His mind was clear, his voice so strong, that I little thought what the morrow would bring forth. God bless you, Dr. Hall, and may you and I, and all our dear friends, meet around the Throne. Thine sincerely, M. C. THORBURN." N. B. He died aged ninety-one years.

Thus, peacefully, quietly, without pain, do the aged and the good, who have lived temperately, industriously, and genially, almost always pass away. Let us, reader, live as they, that our end may be like theirs!

“Catching Cold.”

A LARGE number of fatal diseases result from taking cold, and often from such slight causes, apparently, as to appear incredible to many. But, although the causes are various, the result is the same, and arises from the violation of a single principle, to wit, cooling off too soon after exercise. Perhaps this may be more practically instructive if individual instances are named, which, in the opinion of those subsequently seeking advice in the various stages of consumption, were the causes of the great misfortune, premising that when a cold is once taken, marvelously slight causes serve to increase it for the first few days—causes which, under ordinary circumstances, even a moderately healthful system would have easily warded off.

Rachel, the tragedienne, increased the cold which ended her life, by insufficient clothing in the cars, in traveling from New-York to Boston; such was her own statement.

The immediate cause of the last illness of Abbott Lawrence, the financier and the philanthropist, was an injudicious change of clothing.

An eminent clergyman got into a cold bed in mid-winter, within fifteen minutes after preaching an earnest discourse; he was instantly chilled, and died within forty-eight hours.

A promising young teacher walked two miles for exercise, and on returning to his room, it being considered too late to light a fire, sat for half an hour reading a book, and before he knew it a chill passed over him. The next day he had spitting of blood, which was the beginning of the end.

A mother sat sewing for her children to a late hour in the night, and noticing that the fire had gone out, she concluded to retire to bed at once; but thinking that she could “finish” in a few minutes, she forgot the passing time, until an hour more had passed, and she found herself “thoroughly chilled,” and a month’s illness followed to pay for that one hour.

A little cold taken after a public speech in Chicago, so “little” that no attention was paid to it for several days, culminated in the fatal illness of Stephen A. Douglas. It was a slight cold taken in midsummer, resulting in congestion of the lungs, that hurried Elizabeth Barrett Browning to the grave within a week. A vigorous young man laid down on an ice-chest on a warm summer’s day, fell asleep, waked up in a chill, which ended in confirmed consumption, of which he died three years later. A man in robust health and in the prime of life began the practice of a cold bath every morning, getting out of bed and standing with his bare feet on a zinc floor during the whole operation; his health soon declined, and ultimately his constitution was entirely undermined.

Many a cold, cough, and consumption are excited into action by pulling off the hat or overcoat as to men, and the bonnet and shawl as to women, immediately on entering the house in winter, after a walk. An interval of at least five or ten minutes should be allowed, for however warm or “close” the apartment may appear on first entering, it will seem much less so at the end of five minutes, if the outer garments remain as they were before entering. Any one who judiciously uses this observation, will find a multifold reward in the course of a lifetime.

RESIGNATION.

ONE of the most instructive articles we have read for a long time on the true meaning, nature, and uses of "*resignation*," is found in the *Atlantic Monthly* for April, 1863. It is full of a sound philosophy, and we certainly urge our readers, whether old or young, sick or well, fortunate or unfortunate, if they can possibly save twenty-five cents, to procure the number and read and study, and read it again from beginning to end. We have felt the truth of its sentiments a thousand times as a physician. It is said that there is but a step from the sublime to the ridiculous; it is just as true that there is but a step between courage and cowardice in this matter of "resignation;" but that step is the distance between life and death to many an invalid. One man is sick, and laying the blame of it on the Almighty, whines out, "It's the Lord's will," and sits about and lounges and loafes around for weeks and months, waiting to get well. We verily believe that full one half of such people, if not all of them, don't want to get well, for then they would have to get up and do something. There is another class, true men and women, persons of force are they, and capable of great deeds, who shake off sickness, and sloth, and idleness, and a craven submission to the mishaps which may befall them; believing fully that resignation is a grace only when it bows to what can not be helped, and was not brought on by wickedness or the want of wisdom on their part. If calamities come upon us without our fault, and at the same time are clearly beyond removal by any power of our own, then a dignified and submissive resignation is a nobility, which only a great heart can achieve; then there is a sweetness in resignation which pays for all that it cost; for, while bending the knee and bowing the head, the eye looks trustingly upward, and, piercing through the black and threatening cloud, discerns the gladdening sun in the distance, and patiently and piously bides its time. This is that faith in God which sanctifies and raises man to be akin to angels. If a man fails in business, it is not at any time of life a true resignation to give up for the remainder of his days and make no further effort to recover himself, any more than it is a true resignation for a man who gets sick to cry out, "The will of the Lord be done," as if it could be his will to see a child of his suffer,

"For we his offspring are."

He may permit suffering, but he has no agency in bringing it on any creature of his. As long as sickness and trouble are the results of our own wrong-doing, of our yielding to sense and passion and appetite, instead of abandoning ourselves to helplessness under the deceitful plea of a pious resignation, we should heroically shake them off as a viper or as some deadly spell. The mishaps of life are the result of ignorance, carelessness, or wickedness of ourselves or others; we should in every case seek out the specific cause, and if in our ourselves, rectify it, if from the mis-doing of others, endeavor to rectify it also; and if no human efforts can accomplish such a rectification, then, and not till then, is it a true heroism and a sterling piety, a genuine "resignation," to say in loving confidence and hope: "**THY WILL BE DONE!**"

DROWNING.

As multitudes go a bathing during the heats of summer, and even the very best swimmers are liable to be drowned, perhaps more liable than others, from their very fearlessness, it is a proper precaution for every individual to be familiar with the means of resuscitation. The London physicians advise,

1. To send instantly for a medical man, and while he is coming, place the patient in the open air, unless the weather is very cold; expose the face and chest especially to the breeze.

2. *To clear the throat.*—Place the patient gently face downward, with one wrist under the forehead, in which position all fluids will escape by the mouth, and the tongue itself will fall forward, leaving the entrance into the windpipe free. Assist this operation by wiping and cleansing the mouth. If there be breathing, wait and watch; if not, or if it fall, then,

3. *To excite respiration.*—Turn the patient well and instantly on the side, and,

4. Excite the nostrils with snuff, hartshorn, volatile salts, or the throat with a feather, etc., and dash cold water on the face, previously rubbed warm. If there be no success, lose not a moment, but instantly begin,

5. *To imitate respiration.*—Replace the patient on his face, raising and supporting the chest well on a folded coat or other article of dress.

6. Turn the body very gently on the side and a little beyond, and then briskly on the face, alternately; repeating these measures deliberately, efficiently, and perseveringly, about fifteen times in the minute, or every four seconds, occasionally varying the side. [By placing the patient on the chest, its cavity is compressed by the weight of the body, and expiration takes place; when turned on the side, this pressure is removed, and inspiration occurs.]

7. On each occasion that the body is replaced on the face, make uniform but efficient pressure, with brisk movement on the back, between and below the shoulder-blades or bones, on each side, removing the pressure immediately before turning the body on the side.

8. After respiration has been restored, promote the warmth of the body by the application of hot flannels, bottles or bladders of hot water, heated bricks, etc., to the stomach, the arm-pits, between the thighs, and to the soles of the feet, to induce circulation and warmth.

9. During the whole time do not cease to rub the limbs upward, with firm, grasping pressure, and with energy, using handkerchiefs, flannels, etc.

10. Let the limbs be thus warmed and dried, and then clothed, the bystanders supplying the requisite garments.

Cautions.—1. Send quickly for medical assistance and for dry clothing. 2. Avoid all rough usage and turning the body on the back. 3. Under no circumstances hold up the body by the feet; 4. Nor roll the body on casks; 5. Nor rub the body with salts or spirits; 6. Nor inject tobacco smoke or infusion of tobacco. 7. Avoid the continuous warm bath. 8. Be particularly careful, in every case, to prevent persons crowding around the body.

General Observations.—On the restoration of life, a teaspoonful of warm water should be given; and then, if the power of swallowing has returned, small quantities of wine or brandy and water, warm, or coffee. The patient should be kept in bed, and a disposition to sleep encouraged. The treatment recommended should be persevered in for a considerable time, as it is an erroneous opinion that persons are irrecoverable because life does not soon make its appearance, cases having been successfully treated after persevering several hours.

In endeavoring to rescue a drowning person, *take him by the arm from behind*, between the elbow and the shoulder. A good swimmer can, by “treading water,” catch both arms thus, and keep the person from going under for an hour, the very struggles of the victim aiding in buoying him up, for his feet then are mainly engaged, and he also, to that extent, “treads water.” If a drowning person is seized anywhere else, he is pretty sure to clutch with a death-grip, and both perish.

Any one can remain for hours in water, whether he can swim or not, by clasping his hands behind him, throwing himself on his back, so as to allow only his nose to be out of the water; a **very little** presence of mind, force of will, and confidence, will enable any one to assume this position.

DIETING

Is usually considered to mean the same thing as a kind of starvation. The idea which the educated physician attaches to the term is a judicious regulation of the quantity and quality of the food, according to the circumstances of each case. A healthy man may diet himself in order to keep well; an invalid may diet himself with a view to the recovery of his health; yet the things eaten by the two will widely differ in their nature, bulk, and mode of preparation. A vast multitude are suffering hourly by the horrors of dyspepsia; no two are precisely alike in all points, since there is an endless variety of combinations as to age, sex, occupation, air, exercise, mode of eating, sleeping, constitution, temperament, etc. Yet dyspepsia is always brought on by over and irregular eating; it could be banished from the world in a generation, if the children were educated to eat moderately, regularly, and slowly; the parents who do this will do their offspring a higher good than by leaving them large fortunes, which, in three cases out of four, foster idleness, gluttony, and every evil thing. As the rich can get any thing to eat or drink when they want it, they, with indulged children, bring on dyspepsia by eating irregularly and without an appetite. The poor—those who have to work for a living—induce the horrible disease by eating too rapidly and at unseasonable hours; mainly by eating heartily at supper, and going to bed within an hour or two afterward. In the heyday of youth and manly vigor there may not for a while be noticed any special ill effect from such a practice—in truth, it is at first inappreciable, but it is cumulative, and impossible not to manifest itself in due time. Infinite Benevolence forgives a moral delinquency; but omnipotent as he is, and loving toward all, it is not in the nature of his government of created things to work a miracle, to suspend a natural law, in order to shield one of his creatures from the legitimate effects of a violence offered the physical system by excesses in eating, drinking, or exercise.

Perhaps hearty suppers make more dyspeptics than any or all other causes combined. If dinner is at noon, nothing should be taken for supper but a single cup of weak tea, or other hot drink, and a piece of stale bread and butter. After forty years of age, those who live in-doors, sedentary persons—that is, all who do not work with their hands as laborers—would do better not to take any supper at all. Half-the time the sedentary, who eat at noon, do not feel hungry at supper; especially if they see nothing on the table but bread, and butter, and tea. But nature is goaded to act against her instincts in almost every family in the nation by “relishes” being placed on the supper-table, in the shape of chipped beef, salt fish, cake, preserves, or other kinds of sweetmeat, and before the person is aware, a hearty meal has been taken, resulting in present uncomfortableness, in disturbed sleep, in a weary waking in the morning, bad taste in the mouth, and little or no appetite for breakfast, all of which can be avoided by beginning early to eat habitually, according to the suggestions above made.

SUMMER DRINKS.

IN passing along Nassau street, near the Post-Office, any hot summer's day, there may be seen a sign on which is written "Iced Whisky." The newspapers abound in recipes for making a great variety of cooling drinks for the summer-time. A corner of the Post-Office of the great city of New-York is hired to a man for a few dollars a year, who has perhaps a dozen different kinds of "cooling" drinks, patronized mainly by store-boys, and paid for, in too many cases, by pennies filched from their employers. The cigars and tobacco sold at the same place are, doubtless, paid for in the same way, and are as cooling as the "iced whisky" near the office of the *Evening Post*. The absurdity of any thing having a cooling effect on the human system which contains a particle of alcohol, whether cognac, lager, or cider, need not be remarked on. If these things are cooling, how comes it that they are never by any chance offered in summer-time without ice, or iced water? It is greatly to be regretted that the United States Government, or the Postmaster of New-York, should, for a few dollars a year, be "*particeps criminis*" in making spendthrifts, drunkards, and thieves of store-boys, who are generally, perhaps, sent from the country with a certain degree of purity of character, tenderness of conscience, and constitutional vigor, with a view of becoming merchant-princes and useful men. A similar crime against society is committed, inadvertently no doubt, by our family and religious newspapers, in sending out their directions for making "cooling drinks for summer," in the shape of root-beers, lemonades, mulled wine, and the like. Whatever tempts to drink liquids, even cold water in hot weather, endangers health and life itself. Even the iced Croton at our dinner-tables and at the public schools (by the contributions of the scholars) is wholly injurious to the general health and most pernicious to the teeth. It is not true that soda-water even is harmless. A boy who takes a glass to-day in the corner of the Post-Office will feel like doing it to-morrow, and in less than a week the desire for it will come the instant he gets in sight of that famous corner; after a while he will want another glass in the afternoon; later on, it will be lemonades, into which the venders have already begun to introduce coloring matters, syrups, wines, and "old Bourbon." These are the beginnings of the end of a drunkard's dreadful fate. If a man is really thirsty, there is nothing more delicious, nothing which is more gratefully and perfectly satisfying, than a glass of cool water, with the advantage of its costing nothing, and besides leads to no bad habits. The men in glass manufactories, where the heat is fearful, drink water only, and that not iced, and remain healthy and vigorous. Field-hands on cotton and sugar plantations find a wholesome drink in a mixture of molasses and water; this is a safe drink for harvesters; so also is "buttermilk," it being not only cooling and nutritious, but otherwise healthful as a liver stimulant.

DIPHTHERIAL DISEASE.

DIPHTHERIA is now a familiar household word ; within a very few years, indeed, it had never been heard of by one in a million of the masses. Its fearfully sudden and fatal character, especially among children, makes it of the highest importance that those, at least, who have families should know something of its nature, its causes, its symptoms, and its cure. By examining a great many who have died of it, some general facts have been ascertained, which are of considerable practical interest. Neither chemistry nor the microscope have yet been able to determine that any particular structure of the body is uniformly invaded ; nor have any characteristic lesions or destruction of parts been found. One thing, however, is certain : the whole mass of blood is corrupted, is discoloured, is destitute of those elements which are necessary to health ; it is of a dark, grumous, ugly appearance, filling up every vein and artery, stagnating everywhere, clogging up the whole machinery of life, oppressing the brain, and arresting the flow of nervous energy in every part of the system. No wonder, then, that it crushes out the life, in a very few hours, of feeble childhood, and of older persons who have but little constitutional force.

The three most universally present symptoms of diphtheria in the child are, 1st, general prostration of the whole system ; 2d, an instinctive carrying of the hand to the throat ; 3d, an offensive breath.

As chemistry has not been able to detect any poisonous ingredient in the atmosphere where diphtheria prevails, we are left to the inference that the air of such a locality is simply deprived of one of its essential health-ingredients ; for let it be remembered, that if a little more oxygen were added to the atmosphere we breathe, the very first match that was struck would envelop the world in fire in an instant of time, while if there was a little more nitrogen added to it, all that breathes would suffocate and die within the hour, so easy is it for Omnipotence to wrap the solid globe in flames, or sweep from existence the entire race of animals and man !

Children are almost exclusively attacked with diphtheria because it is a disease of debility—a disease which depresses every power of life—hence the weaker the subject is, the more liable to an attack. An adult has only to maintain himself, the child has to do that and to grow also ; hence it has a double call for a constant supply of strength ; and a very little deficit in that quality of the air which gives vitality to the blood, is sufficient to make it a fit subject for a diphtheritic attack. The few grown persons who have diphtheria have invariably some scrofulous or other weakening element. Neither a man nor a child in really vigorous health is ever attacked with it ; they only suffer who are at the time deficient in stamina — have not the proper resisting power against the inroads of disease.

There is no evidence whatever that diphtheria is “catching.” The matter and breath of it have been introduced into the eyes, lips, mouth, arm, etc., of physicians who have generously hazarded these experiments upon themselves, without the slightest ill effects whatever. When several members of a family are attacked, it is not because it is derived one from another, but because of similarity of constitution, habits of life, eating, drinking, air, and other surroundings. It has not as yet been established that a stranger, going into a family where there is diphtheria, takes the disease.

The treatment is a well-ventilated room, sustaining nourishment, and strengthening remedies.

Diphtheria is not inoculable ; prevails in every climate, in all seasons, and is equally at home in the princely mansions which line the spacious and well-cleaned street, and in the houses of stenchy courts and contracted alleys. It has no fixed course, may recur any number of times, but only fastens on the scrofulous or those whose constitutions are impaired, or have poor blood ; the immediate cause of attack being the breathing of a faulty or defective atmosphere.

LOOSE BOWELS.

THERE are three kinds of loose bowels, technically called "diarrhea," or a "flowing through" of water, bile, or blood. If it is water, it is *diarrhea* proper; if it is bile, it is *bilious diarrhea*; if it is blood, it is *dysentery*. Simple diarrhea is a thin, light-colored discharge from the bowels, occurring five, ten, or twenty times in twenty-four hours; if let alone it becomes Asiatic cholera in certain states of the atmosphere. Its great characteristic is the extraordinary debilitating effect which speedily pervades the whole body; the patient feels, when he sits down, as if it would be a happiness just to be allowed to remain there. Absolute quietude is an elysium to him. Instinct calls for the most perfect rest possible, and thus points out the most certain and appropriate of all modes of cure, which is absolute and continuous rest on a bed, in a cool, clean, well-aired room, until the passages assume the consistency of mason's mortar, and not oftener than twice in twenty-four hours. In health the bowels are incessantly moving, not unlike worms in a carrion; hence the ancients designated it as the "vermicular action," *vermis* meaning a worm. If there is not activity enough, we have constipation, or torpid, *sleepy* action; when this action is excessive, it is diarrhea. Every step a man takes has a tendency to set the bowels in motion; hence one of the most certain and frequent and efficient cures of constipation, when the bowels act but once in two or three or more days, is to be moving about on the feet almost all the time. If then motion tends to increase the activity of the bowels, when that activity is too great, instinct, alike with reason, dictates as perfect quietude as possible. If the symptoms do not abate by simply resting on a bed, a greater quietude of the vermicular motion is compelled by simply binding a strip of woolen flannel, about fourteen inches wide, tightly around the abdomen or "stomach," so as to be double in front, the effect of which is to give the bowels less room to move about in; affords remarkable strength to the whole body, and keeps the surface warm, soft, and moist. As the disease is a too great flow of fluids through the system, drinking fluids of any description only aggravates the malady. Yet, as the thirst is sometimes excessive, lumps of ice may be chewed and swallowed in as large pieces as possible, to any extent desired. No food should be eaten except rice, parched like coffee, boiled as usual, served, and eaten with an equal bulk of boiled milk. This may be varied by boiling a pint of flour in a linen bag, in milk, for an hour or two, skin off the outside, dry it, grate it in boiled milk, make it palatable with salt or sugar, and eat as much as desired every fifth hour during the day, eating and drinking nothing else. This treatment will cure nine cases out of ten, if adopted promptly within forty-eight hours; if not, call in a physician.

CHOLERA,

OR "Asiatic Cholera," as first known in this country in 1832 and '33, is chiefly a disease prevailing in warm weather, or rather in a warm atmosphere, for it can be created at any season, and in the coldest latitudes, by combining the proper degrees of the three essential requisites, to wit, moisture, vegetable decay, and a regular heat, exceeding eighty degrees. The great and distinguishing feature of cholera is a copious, frequent, and painless discharge from the bowels of a substance almost as thin as water, with a whitish tinge, as if rice had been washed in it, or as if a little milk had been dropped in it. When this occurs the patient soon begins to perspire profusely, the skin assumes a leaden hue and shrivels up, the nails become blue, insufferable cramps come on, and the victim's death occurs in a few hours with the most perfect calmness, in the fullest possession of all the faculties, and absolute freedom from every pain.

Three things ought to be known, in reference to cholera, by every human being:

First: The writer has never known a case in which it was not preceded, for one, two, or more days, by the bowels acting twice, or oftener, in every twenty-four hours; universally styled "the premonitory symptoms."

Second: A cure is impossible under any conceivable circumstances, without absolute quietude of body, on a bed, for days together; the time of confinement being shortened, in proportion to the promptitude with which the quietude is secured, after the first action of the bowels has taken place, which gives a feeling of tiredness, and, on sitting down, a sensation of rest and satisfaction.

Third: When the patient ceases to urinate he begins to die, and its resumption is a certain index of recovering health, always and infallibly.

One of the usual attendants of an attack of cholera is an unconquerable tendency to vomit. The very instant any thing reaches the stomach, even if it is but cold water, it is ejected; the mildest food meets the same fate in such cases, much less will medicine find a lodgment, except one, and that it is impossible to vomit up if it once reaches its destination; that medicine has no taste, it is small in bulk, will retain its virtues for a quarter of a century, as the writer knows by personal experience and repeated observation. Unless it is in the very last stages, it is believed capable of arresting the disease in nine cases out of ten—a pill made up of ten grains of calomel with a little gum-water; if the symptoms do not abate in two hours, double the dose, and let it work itself off; do nothing else, but let the patient be quiet and eat all the ice he can possibly want.

DYSENTERY

Is literally a "difficulty among the intestines;" it is a discharge of blood from the bowels, accompanied with what has been aptly called "an atrocious pain." You feel as if you would be relieved by an evacuation, but when the attempt is made, there is a fruitless straining, termed *tenesmus*, and nothing comes of it, unless it be blood. The rectum, or last foot of the lower bowel, is the main seat of dysentery, which is commonly called "bloody flux." It should be always considered a dangerous disease. At first the discharges are odorless; but as the parts come more under the influence of the disease, they become disorganized, rotten, and insufferably offensive. Dysentery most abounds in hot, dry weather, and is oftenest caused by bad air, a sudden check of perspiration, or by whatever makes the skin of the body cold. In fact, dysentery may be considered an exaggerated or aggravated diarrhea—the latter is water, the former, blood. The great distinguishing features of dysentery are bloody passages, with a frequent, fruitless, and painful effort to stool. It is one of those diseases which are very apt to go on to a fatal termination, if let alone; a disease which is often made more speedily fatal by being ignorantly tampered with; and whether blood is passed from the bladder or the bowels, a skillful physician should be called in as promptly as possible, as promptly, indeed, as if it were an attack of cholera; but while he is coming, there are several things which may be safely done for the comfort of the sufferer, if not for his cure. The patient should not sit up a moment; should keep as quiet as possible; should eat absolutely nothing but boiled rice, or flour-porridge, and swallow bits of ice to the complete quenching of the thirst. A little cold flaxseed-tea may be swallowed from time to time. A favorite prescription of some of the old physicians of a past generation, and which is now said to be in vogue in Russia for several forms of diarrhea and dysentery is the use of raw meat—thus, take fresh beef, free from fat, scrape it into a pulp with a knife, season it with salt to make it more palatable, or with sugar for children, to whom begin with one teaspoonful three times a day, gradually increasing the amount as they become fond of it. Adults may use it by spreading it between two slices of stale bread. Its merit consists in its being easily digested, very nutritious, of small bulk, and readily assimilated to the system. It is well known that children having the summer complaint will ravenously eat, or rather chew or grind between their gums, a piece of the rind of bacon or ham, to which is attached half an inch of fat, and begin to improve in a few hours. The whites of forty eggs "whipped," and then sweetened with white sugar, and drank largely through the day, without any other food, is an admirable remedy in these ailments. Or for dysentery or protracted diarrhea take half a teacup of vinegar, with as much salt as it will take up, leaving a little excess of salt at the bottom, add boiling water until the cup is two thirds full, remove the scum, let it cool, and take one tablespoonful three times a day until relieved. It has not failed of cure in many hundred trials.

BILIOUS DIARRHEA

Is always an effort of nature to save herself from impending disease; hence it is a curative process, and should not be interfered with. The passages in dysentery are bloody and painful always; in simple diarrhea they are always thin, almost watery, always large and light colored. In cholera, which is aggravated diarrhea, the passages are infallibly painless; on the other hand, bilious diarrhea is known by the passages being colored either dark, green, or yellow, often with a burning, griping, or other ill feeling before the passages come on. Bilious diarrhea ought never to be checked, except by medical advice, because it is an effort of nature to rid the system of that which would destroy it, if allowed to remain within it. Life has been destroyed thousands of times by failing to distinguish a bilious diarrhea from common diarrhea, simply by not noticing the color of the discharges, and thinking that nothing more is necessary than to "check it;" and that whatever does this the quickest is the best remedy. Opium, and paregoric, and laudanum, and morphine are resorted to with a fatal recklessness; they arrest, but they do not cure; they hide, cover over, but do not eradicate; but that is not the worst of it, they often send the disease to the brain, especially in children, to result in certain death in a short time. In most cases, all that is necessary in bilious diarrhea is to take nothing, keep still, keep warm in bed, and do not eat an atom of any thing, except when really hungry. There is but a step between bilious diarrhea and bilious or cramp colic, these last ending in death often within a few hours. The difference between them is only this—nature forces the bile out of the system in bilious diarrhea; in bilious colic she has not strength to do it, and in this latter case, unless speedily and efficiently aided, death, painful, agonizing and speedy, is the result.

Bilious diarrhea is often preceded by costiveness, and is generally brought on by bad air or by chilling the skin, either by cooling it off too soon after exercise, or by remaining in water or damp garments for a long time; the effect in either case is the same, to wit, to close the pores of the skin and drive the matters back and inward, which would otherwise have escaped beneficially from the body. A sudden burst of passion or other shock or great mental emotion may bring on an attack of bilious diarrhea. Those, therefore, who have observed themselves to be subject to attacks of bilious diarrhea, may easily postpone them indefinitely by arranging to have the bowels act freely once every twenty-four hours, by cultivating an equable frame of mind, and by habitually avoiding every thing which causes a chilly feeling to the skin; for he is not the greatest man who can the most readily cure diseases in others, but he who is most successful in preventing them in his own person.

DISINFECTANTS.

THE best disinfectants are those which cost the least, are most easily applied, and which cause the least inconvenience to the health, or the textures to which they are applied. If a disinfectant corrodes metals, stains garments, disfigures furniture, or is poisonous when outwardly applied or swallowed, it is comparatively valueless.

There is no disinfectant universally applicable. But it may be truly said that the best plan, and one which every clean, tidy, and sensible person would instinctively adopt, is to remove all causes of disagreeable or unhealthy odors; disinfectants should only be used when that is impracticable. Many persons burn sugar in the sick-room; this destroys nothing; it is merely a deodorizer, all that was there before is still present, it is only giving a stronger odor; it in reality only renders the air of the room more impure and more hurtful, not only to the one who is sick, but to every visitor and attendant; in fact, the actual tendency is to diminish the chances of recovery. Besides, a disinfectant may destroy a special ill odor, but may be in itself more hurtful than the odor it was intended to obviate. From all the knowledge yet obtained on the subject, it does not appear that the odor of decaying animal substances is particularly injurious to the health, not even that which arises in the dissecting-room, or in the removal of the dead from burying-grounds, where the scent has been so stenchy as to cause fainting or an approach to suffocation, and the workmen had to be relieved every few minutes, no disease followed. Still, it is of curious interest to know that the odor escaping from human bodies, alive, sick, or well, will produce the most deadly forms of typhoid and ship-fever in a few hours. Hence, never use disinfectants until every possible effort at cleanliness has failed to secure a pure atmosphere.

SINKS, PRIVIES, ETC.—One pound of copperas, known as *sulphate of iron*, costing but a few cents, dissolved in four gallons of water, poured over a sink two or three times, will most completely destroy all offensive odors. Repeat during hot weather as needed. **MUSTY CELLARS** are rectified in the same way, or by sprinkling the copperas itself over the floor, besides being beneficial in keeping rats away.

The *Scientific American* says: One pint of the liquor of chloride of zinc, in about two gallons of water, and one pound of chloride of lime, in two other gallons of water, then mixed, is perhaps the most effective of any thing that can be used; and when thrown upon decayed vegetable matter of any description, will effectually destroy many offensive odors. Chloride of lime, or common quicklime, is better to scatter about damp places and heaps of filth.

Four parts of ground plaster of Paris, and one part of pulverized charcoal, well mixed, is an excellent absorbent of all noisome smells. The powdered charcoal alone applied to glass vessels and any table-ware, after being well washed with soap and water, effectually removes all odor. The best purifier of bad breath is to take a teaspoonful of finely pulverized charcoal in the mouth on going to bed; it need not be swallowed, but simply allowed to remain around the teeth, gums, cheek, etc.

The hypochlorites, as well as the solutions of bromine and iodine, act admirably in destroying miasm and disinfecting the air. The manganate of soda or potash, dissolved in warm water and poured into sinks or drains, not only prevents the sending forth of disease, but gives out at the same time a considerable amount of oxygen to refresh the atmosphere.

PHYSIOLOGICAL ITEMS.

DURING the year 1861, fifteen hundred dead bodies were examined at the hospital in Vienna, of which Professor Rokitsansky has direction, to ascertain the causes of death. The most prevalent diseases were :

255 Consumption,	120 Pneumonia,	101 Cancer,
178 Typhus Fever,	105 Puerperal,	67 Peritonitis,
144 Brain,	109 Heart.	57 Dysentery.

Food.—Fish as food, weight for weight, has very nearly as much solid nutriment as butcher's meat, game, or poultry, while containing a substance called iodine, which is not found in land animals, it has a tendency to correct a scrofulous and consumptive habit. Fishermen, who naturally live largely on fish, are especially strong, healthy, and prolific. In no class are there found larger families, handsomer women, and greater exemptions from human maladies. To what extent these results follow a fish diet is as yet a matter of conjecture. But iodine is the universal remedy up to this time for scrofulous diseases.

MEATS contain the most nitrogen; the nitrogenous portions of our food make flesh, and go to supply the wear, and tear, and wastes of the body; these are ultimately passed from the system in the urine. If more nitrogenous food is eaten than is needed to supply these wastes, nature converts it more rapidly into living tissues, which are, with corresponding rapidity, broken down and converted into urine. This is when the food is digested; but when so much is eaten that it can not be digested, nature takes alarm as it were and endeavors to remedy the trouble in one of three ways: The stomach rebels and casts it off in disgust by vomiting; it is worked out of the system by an attack of diarrrhea, or the human beast is made so uncomfortable generally that he can't be still; if he goes to bed he tosses and tumbles half the night; if he don't go to bed he is taken with the fidgets and can't be easy in one position for half a minute at a time, so that, in one way or other, he is compelled to an amount of muscular effort necessary to work off the surplus; and as a further punishment, his appetite is more or less destroyed for several meals afterward. Little or no nitrogen is poured off with the perspiration, breathing, or fæces.

BIRTHS.—The having a boy or a girl seems to have been a power reserved in the hands of the great and wise Creator of all. The relative proportion, the world over, legitimate and illegitimate, gives about one hundred and six males to one hundred females. In the manufacturing and agricultural districts in England the proportion is identical, seeming to show that the male race is not diminished by crowded houses, unfresh vegetables, bad vapors, poverty, and the like; but it does seem that luxury, inaction, and brain-labor give two per cent less of boys. The greatest thinkers are less apt to have sons; less apt to have vigorous children; less apt to have children at all; and when they do have them they are more likely to die early. The determining power of sex seems thus far to be in the woman, but involuntarily so; she being adapted, an old man is as likely to have a son as a young one, which is contrary to generally received opinions.

SABBATH OBSERVANCE.

THE nations of the earth which now most respect the Sabbath, and most discourage labor, pastimes, and mere amusements, during its sacred hours, are the freest, the happiest, the most prosperous, and the farthest advanced in the progress of art, manufacture, and invention; and that city or town or village or community, of any Sabbath-respecting nation, which best keeps the Sabbath as a day of rest for body and mind, is the most noted for all that is orderly, law-abiding, and substantial; and that family, of any Sabbath-loving community, which best observes it by quiet, by religious worship, and the performance of Bible duties, is the most substantial and respected and reliable in that community, while any individual member of a Sabbath-keeping family who most spends the hours of that sacred day in meditation, in worship, and the prayerful reading of the Scriptures, will uniformly be found to follow a blameless life; to possess the respect and confidence of the whole community; and all men will know where to look for him, however evil may be the times—to wit, on the side of justice and right and liberty and law and sterling principle.

No man can be so blinded as not to know that the Sabbath is least respected where there is most of all that is vulgar and profane and abandoned; and that those who care the least for it are literally thieves and murderers, drunkards, prize-fighters, horse-racers, and the utterly depraved of all classes; and that these, the wicked, do "not live out half their days." As a means then of longevity, of worldly prosperity, of individual elevation of character, every good citizen will not only do what is possible in himself to secure a religious observance of the Sabbath-day, will not only countenance and encourage others to do the same, but will *volunteer* his pecuniary aid to further these things in the community around him.

For some years past a number of gentlemen of eminence, socially, civilly, and financially, have, as "The New-York Sabbath Committee," been laboring with extraordinary steadiness of purpose, dignity, wisdom, and success, for the promotion of the better observance of the Sabbath-day in the metropolis of the nation. In doing this they have labored day and night; have encountered innumerable obstacles; have met with every variety of discouragement, obloquy, and opposition from all classes of society, except the wisest, the highest, and the best; and without bluster, without threats, without vituperation, abuse, or epithet, but by the calm, dignified, and persistent presentation of indisputable facts and sterling principles, they have gone on from step to step, "conquering and to conquer;" have put down the crying of Sunday papers; have abolished the open and shameless Sunday liquor-traffic; have driven the concert-saloons out of existence; and with these plague-spots have passed away the atheistic advocates of "The People's Day," "The Poor Man's Day," "Sunday Theaters," "No Sunday at All," and "Sunday Run." In doing these things they have printed and widely circulated twenty-four "Sabbath Documents," from eight to thirty-two octavo pages each, in beautiful large print, containing a vast amount of Sabbath literature, which Christians of all countries would be delighted to read. But let it be remembered by every reader that a limited number of gentlemen have sustained this movement from the outset, without appealing to the general public for funds. The enterprises now in progress contemplate *national* reforms, involving increased expenditures. Where is the reader who will not desire to participate in the pleasure of promoting them, and promptly forward his liberal and free-hearted contribution to J. M. Morrison, Esq., President of the Manhattan Bank, New-York City, who is Treasurer? Letters and orders for "Sabbath Documents" may be addressed to "The Secretary of the Sabbath Committee, No. 5 Bible House, New-York."

ESCAPING FROM FIRE.

HUMAN life has been often thrown away from persons not taking the precaution to accustom their minds to dwell at times on the proper method of acting in emergencies; from want of this, many rush into the very jaws of death, when a single moment's calm reflection would have pointed out a certain and easy means of escape. It is the more necessary to fix in the mind a general course of action in case of being in a house while it is on fire, since the most dangerous conflagrations occur at dead of night, and at the moment of being aroused from a sound sleep the brain is apt to become too confused to direct the bodily movements with any kind of appropriateness, without some previous preparation in the manner contained herein. The London Fire Department suggests, in case the premises are on fire, to,

1. Be careful to acquaint yourself with the best means of exit from the house, both at the top and bottom.

2. On the first alarm, reflect before you act. If in bed at the time, wrap yourself in a blanket or bedside carpet. Open no more doors than are absolutely necessary, and shut every door after you.

3. There is always from eight to twelve inches of pure air close to the ground; if you can not, therefore, walk upright through the smoke, drop on your hands and knees, and thus progress. A wetted silk handkerchief, a piece of flannel, or a worsted stocking, drawn over the face, permits breathing, and, to a great extent, excludes the smoke.

4. If you can neither make your way upward nor downward, get into a front room; if there is a family, see that they are all collected here, and keep the door closed as much as possible, for remember that smoke always follows a draught, and fire always rushes after smoke.

5. On no account throw yourself, or allow others to throw themselves, from the window. If no assistance is at hand, and you are in extremity, tie the sheets together, having fastened one side to some heavy piece of furniture, and let down the women and children one by one, by tying the end of the line of sheets around the waist, and lowering them through the window that is over the door, rather than one that is over the area. You can easily let yourself down after the helpless are saved.

6. If a woman's clothes catch fire, let her instantly roll herself over and over on the ground. If a man be present, let him throw her down and do the like, and then wrap her up in a rug, coat, or the first *woolen* thing that is at hand.

Of the preceding suggestions, there are two which can not be too deeply engraven on the mind, that the air is comparatively pure within a foot of the floor, and that any wetted silk or woolen texture thrown over the face excludes smoke to a great extent; it is often the case that the sleeper is awakened by the suffocating effects of the smoke, and the very first effort should be to get rid of it, so as to give time to compose the mind, and make some muscular effort to escape.

In case any portion of the body is burned it can not be too strongly impressed on the mind that putting the burned part under water, or milk, or other bland fluid, gives instantaneous and perfect relief from all pain whatever; and there it should remain until the burn can be covered perfectly with half an inch or more of common wheaten flour, put on with a dredging-box, or in any other way, and allowed to remain until a cure is effected, when the dry, caked flour will fall off, or can be softened with water, disclosing a beautiful, new, and healthful skin, in all cases where the burns have been superficial. But in any case of burn, the first effort should be to compose the mind, by instantaneously removing bodily pain, which is done as above named; the philosophy of it being, that the fluid, whether water, milk, oil, etc., excludes the air from the wound; the flour does the same thing; and it is rare indeed that water and flour are not instantaneously had in all habitable localities.

SAVING MINISTERS.

It has been lately proposed in the public papers, as a means of preserving clergy-men for a longer use, to a greater age, that while they are young, they should not be expected to do so much, as is now required of them; that for the first five years of their ministry, only one sermon on the Sabbath should be given. Not one minister in a million is ever disabled by hard study, or dies prematurely from that cause. A far better plan would be to require them to preach every day and Sunday too, for the first years of their ministry, and "as ye go, preach;" take circuits, and preach in destitute places, five, or ten, or fifteen miles apart; a sermon a day on an average, the year round; and two or three on Sundays, the oftener the easier; the advantages are, that they would become acquainted with the country; would be brought into personal contact with a great variety of persons; would see human nature in its multitudinous phases; and thus in after-life would be able to read a book, more instructive to them than any other, except the Bible; and reading it well, would put in their hands a key which would unlock the human heart, and give them so complete an access to it, that the people would say: "Never man spake like this man." "He told me all that ever I did." Patrick Henry owed his greatest power to what he learned of human nature by talking to all sorts of people in his little country store. Another advantage is, that this daily active out-door life, breathing the pure air for almost all of daylight, would enable them to work off that diseased bodily condition, which is generated in theological seminaries; and would so knit and compact the constitution, so renovate it, not only by the exercise, but by the change of food and association, as to lay the foundation for many years of healthfulness in the future. It is impossible for an intelligent man to doubt for an instant, that four or five years spent, in riding every day on horseback, in the open air, with the accompanying and exhilarating mental exercise required in preaching, would be as certain to build up the constitution, as spending from morning until night in confined rooms, and eating heartily all the time, without any systematic exercise, would pull it down, and destroy it. There is nothing perplexing, or mystic, or mind-racking in ordinary ministerial duty; it is more of calm contemplation, like that of the natural philosopher, the longest-lived of all other classes, as statistics say; they study the works of God; the clergy study his word; which is a surer "word of prophecy" and a plainer. The destroyers of our clergy are not hard study; not the difficulties connected with their calling; but reckless and unnecessary exposures; irregular efforts; wrong habits of eating; unwise neglect of wholesome bodily exercises; bad hours of study, and a criminal inattention to the securing of those bodily regularities, which are indispensable to health the world over. Preaching often, does not kill; look at the Whitefields and the Wesleys and multitudes of others like them; confinement even, does not kill: Baxter and Bunyan and many more lived in jails for years together, and that too without opportunities of exercise—
for their living was plain, and that not over-abundant, nor tempting either!

CIVIL AND MILITARY DEATH-RATE.

THE only son of a New-York capitalist entered the army as a private, aged eighteen. In an outburst of youthful generosity he resigned his own shelter in behalf of a poor soldier and slept in the rain, with his feet resting in a little stream of water, and died in a few days. In a recent march of the Army of the Potomac one thousand soldiers were sun-struck, of which number about one hundred died within twenty-four hours. In both cases, the son and the soldiers died from ignorance. A few green leaves or a silk handkerchief in the hat would have prevented those sun-strokes; had the young man known the necessity of sleeping with dry, warm feet, he would have lived. These two items, with more than a hundred others, are detailed in our twenty-five cent book on "Soldier Health;" the object being to name in each rule, in as few and as plain words as possible, the means of guarding against sickness, of remedying disease, and treating various kinds of wounds with the means which any soldier *is sure to have about him*. The book does not presuppose the sick or wounded man is in a populous city or on the floor of a drug-store; but takes it for granted that he is alone in the woods, or wounded and lost or forsaken on the battle-field, and shows him how, with his ramrod or a stick and a strip of his shirt, he can staunch the severest wound; or how, with a little powder, he may avert instant death; or with a bit of cloth can arrest one of the most fearful of diseases. Short explanations of the reason of these things are given, so as to impress the idea on his mind, and thus carry the contents of the little work in his head; for even a watch-fob volume is an incumbrance on a march or in a fight. Intelligence is the best life-preserver. The largest city in the civilized world is healthier than its surrounding agricultural district. The aristocratic regiment of New-York was gone a month or two to the war, and returned with the loss of but one man in eight hundred, and he died of heart disease of long duration. Of some ninety persons who went to the army in various capacities from one church, no more died of all causes than among an equal number at home. These things seem to show that intelligence, especially connected with social elevation, are promotive of health; and considering that an active, out-door soldier's life works disease out of the system, especially where there is no addiction to social vices, there is good ground for believing that even with the addition of the casualties of war there need not be any more deaths in a given time among a given number of men than there would have been in the same men had they remained at home. With these views, every parent who sends a son or relative to the war, should first place in his hand some succinct, reliable little book; not to be taken along so much, but to be read over, mastered, and remembered, so that he may know how to act in an emergency; how to act in case of being wounded or taken sick in some desolate place. Attention to this suggestion might save many a life. The lowest death-rate reported from a civilized community is twelve out of a thousand in one year. It is twenty-two per thousand for all England; twenty-four for the United States, and twenty-eight cases of sickness for each death.

ONE BY ONE.

"ONE by one the leaves are falling,
 One by one the moments fly;
 Thus to thoughtless mortals calling,
 They may soon be called to die."

As our minister was ascending the pulpit on a beautiful and bright Sunday morning of the mellow autumn, the thought occurred to us: "Will he ever die?" He had been doing the same thing for many, many years; and in all that time did not seem to have become any older; yet we knew there was a fatal canker at the root; the next summer he died! And there was the mother of Isabella Graham. She sat in the same pew with us. Time passed on. Neither did she seem to be getting any older; and when her minister would come down from the pulpit after service she would make her way through the crowd to shake hands with him, as if to say: "I have been fed to-day." One day she was seen to be at unusual pains to greet him; but it was for the last time on earth, for they met soon thereafter in heaven! And there was Elder G. He was in the prime of life; we sat in the same aisle, met him many a time in the course of years; never spoke to him, never knew his name; but there was holiness and meekness and a high intelligence in his face, which at the first glance or two caused us to put him down in the book of our remembrance as a sainted man. And so it came that, having scattered for the summer and coming back in the autumn, this and that familiar face was seen in the accustomed pew; but the weeks wore on toward winter, and still the gentle, unpretending, unassuming elder was not there; he had gone to heaven! Just before us there used to come an old lady, only of a Sabbath morning; so decrepit, so feeble, that each day we thought it would be her last in the earthly sanctuary; but she came on. Winter and spring and summer and autumn came, and she did too! as if years ceased to make any further impression on the frail and tottering frame. But we never saw her again.

Not a month ago a mother in Israel sat behind us; no summer's sun, no winter's snow ever kept her away. The petted child of fashion and fortune from earliest infancy, she still knew no deeper joy, and considered it a duty and a privilege, as it was her delight, to mingle her songs and prayers with the Church on earth and in heaven, as a token of her being one of the children of the Great King. Who shall say that she has not met with us for the last time? And there, too, are the refiner brothers. As for many years ago, they walk side by side to the Sabbath sanctuary with the same quick step, the same open, manly, fearless look; their faces always mantled with a smile, as of peace within. Every Sabbath unfailingly have they made their way to the elder's splendid mansion on "the avenue," apparently as indivisible in their home affections as in their business and their princely charities, even to scores of thousands at a time, and that too for these many years past. But what a void there will be when one of the great and noble-hearted twain shall come to the church alone; the "one" brother "taken, the other left," to be lamented as well as "missed" by a Church which numbers half a million of communicants! And not for long shall he who writes sing the last hymn, bow in the last benediction, and turn his back upon the earthly altar to come in again no more forever; for like those before, we too are passing away—

"One by one."

Three Tracts are here omitted and three others more important are added in their place.

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Throat and Lung Diseases.

For more than a quarter of a century, the Editor of Hall's Journal of Health has given his special attention to that form of throat disease known as Clergyman's Sore Throat, or more properly dyspeptic throat ail, originating in a disordered condition of the stomach, and to be cured only by restoring the stomach to its healthful state; mere applications to the throat, having no curative effect, often failing of even a transient relief; the hacking and hemming or huskiness or vain swallowing or short cough returning in a short time, with all their aggravation, giving increased annoyance, and if not removed, ending in a general wasting away of the stamina of life.

Bronchitis and Consumption are the other forms of disease of the air passages, which have engaged his attention, which has been mainly directed to the most infallible means of certainly determining in all cases, whether the ailment under examination is only Bronchitis, which is curative; or whether it is Consumption, which is incurable, except under favoring conditions, or by interferences of nature; tightness or a cord like feeling across the chest, with a hasty, spiteful cough, coming on at any time of the twenty-four hours, distinguishing the former disease; while the characteristics of the latter are a general decline in flesh, strength and breath, with a night and morning cough. In very many cases a tickling at the little hollow at the bottom of the throat, just at the top of the breast bone, gives many of the prominent symptoms of Consumption, with distressing cough, when in reality, it is a stomach or liver cough, but being mistaken for a lung affection, and the remedies being directed to the lungs, invaluable time is lost, and the patient dies of ulceration of the throat, aggravated by the constant jar of the cough, the cause of which being in the stomach or liver, and not being removed, keeps up the disease, until a fatal termination. The Editor is often written to, to know if he gives medical advice in any case, and if so, what are his terms, &c., &c., and it was suggested to him recently, that it was due to subscribers to have a standing notice in the Journal to this effect, it is therefore now stated that advice will be given in person, at the Editor's office and residence, No. Two West Forty-Third Street, New York, one door west of Fifth Avenue, or by letter, if the patient lives at a distance; he does not visit, but gives advice by letter or in person, at his office, at all hours before 8 P. M., but sometimes absent after 2 P. M.

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APRIL, 1868.—House-moving and housekeeping in New York; healthful localities in the city; fashionable residences; character of the New York rich; their treatment of their preachers; what kind of sermons they like best; connection between good cooking and long life; characteristics of French cookery; its cleanliness; its economy; its healthfulness; management of servants; to prevent waste, breakage; giving away provisions, duties of servants; a true woman's rights and sphere; her glory and her shame; healthful heat for private dwellings and family rooms; Reid's potato-baker; what kinds of wives Mrs. Job, Mrs. Socrates, Mrs. William Shakespeare, Mrs. Coke-upon-Littleton, Mrs. Whitfield, Mrs. John Wesley and others, are reported to have been, and the agency their husbands had in making them what they were; a new and painless method of treating ingrowing toe nails; debt, its health-destroying and murderous character; the despotism of drunkenness; maun's; marriage and prices; the cheaper things are, the greater the number of marriages; worried to death; secret of comfort; engaging manners; idleness and its bitter fruits; smoking, its degradations and its speedy and permanent cure; clerical longevity.

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SICKNESS NOT CAUSELESS.

THERE never can be disease without a cause ; and almost always the cause is in the person who is ill ; he has either done something which he ought not to have done, or he has omitted something which he should have attended to.

Another important item is, that sickness does not, as a general thing, come on suddenly ; as seldom does it thus come, as a house becomes enveloped in flames, on the instant of the fire first breaking out. There is generally a spark, a tiny flame, a trifling blaze. It is so with disease, and promptitude is always an important element of safety and deliverance. A little child wakes up in the night with a disturbing cough, but which, after a while passes off, and the parents feel relieved ; the second night the cough is more decided ; the third, it is croup, and in a few hours more, the darling is dead !

Had that child been kept warm in bed the whole of the day after the first coughing was noticed, had fed lightly, and got abundant, warm sleep, it would have had no cough the second night, and the day after would have been well.

An incalculable amount of human suffering, and many lives would be saved every year, if two things were done uniformly. First, when any uncomfortable feeling is noticed, begin at once, trace the cause of it and avoid that cause ever after. Second, use means at once to remove the symptom ; and among these, the best, those which are most universally available and applicable, are rest, warmth, abstinence, a clean person, and a pure air. When animals are ill, they follow nature's instinct, and lie down to rest. Many a valuable life has been lost by the unwise efforts of the patient to "keep up," when the most fitting place was a warm bed and a quiet apartment.

Some persons attempt to "harden their constitutions," by exposing themselves to the causes which induced their sufferings, as if they could by so doing, get accustomed to the exposure, and ever thereafter endure it with impunity. A good constitution, like a good garment, lasts the longer by its being taken care of. If a finger has been burned by putting it in the fire, and is cured never so well, it will be burned again as often as it is put in the fire ; such a result is inevitable. There is no such thing as hardening one's self against the causes of disease. What gives a man a cold to-day, will give him a cold to-morrow, and the next day, and the next. What lies in the stomach like a heavy weight to-day, will do the same to-morrow ; not in a less degree, but a greater ; and as we get older, or get more under the influence of disease, lesser causes have greater ill effects ; so that the older we get, the greater need is there for increased efforts to favor ourselves, to avoid hardships and exposures, and be more prompt in rectifying any "symptom," by rest, warmth, and abstinence

OBSCURE DISEASES.

SOMETIMES a physician is called to see a member of a family, who does not seem to be very sick, nor has become suddenly ill; the ailment appears to have manifested itself very gradually, and with all the powers of observation and comparison no adequate cause can be discovered. No one symptom is predominant in some cases; in others, the combination of symptoms and their character and quality are not like those usually observed. In cases like these, the physician is thrown upon his own resources, and employs remedial means on certain well-established general principles; but without any favorable result; the patient lingers still; then other principles and other remedies are applied, with no more encouraging results. Finally a change of air is advised in the shape of a visit to the country, to the sea-shore, or to the mountains, when the symptoms begin to abate; the patient regains accustomed health and vigor, and returns home reinvigorated to a surprising degree; but, in a short time the old symptoms begin to return, and eventually acquire all their old power over the system.

Sometimes several members of a family are affected in the same way in the main; at others, only a single individual suffers. The reason for this is simply, that some persons are much more sensitive to the causes of disease than others; their constitutions are more susceptible of hurtful impressions. A practical inference may be very legitimately drawn from these statements, which, if heeded, would save many a valuable life in the course of any single year. The rule should be, when a person does not get better under the treatment of a skillful physician, instead of wasting time, and endangering the permanent loss of health, and even life itself, to remove some distance from the locality. Or if a family seems to enjoy good health, and yet a servant or guest comes to remain several days or weeks, but is sure to get sick, the inference is the same, that there is some pernicious agency at work; so long so in the latter case, that the family have become habituated to it, while the stranger falls under its baleful influence. The wife may suffer and not the husband, because he may spend the larger part of his time from home; or being of a more delicate constitution, she is more impressible by delicate causes. There may be an unknown covered well or sink, or "fill up," under the house; some house-drain may be clogged up, or be broken in; some alterations may have been made in improving or repairing the premises, or new slop-holes formed. A new kind of wall-paper may have been used in a particular room; lead water-pipes may have been recently introduced into the house, or may have been injured so as to detain water long enough to cause decomposition. For these reasons, some persons have better health in moving into other houses, on leaving their old ones, and *vice versa*.

SAYRE, THE BANKER,

Is the happiest-hearted man we ever saw! We met him yesterday in Broadway, the first time in thirty years, when we used to dine with him in the rear of his counting-room; and he didn't look a speck older than when we parted. There was the same cordial, joyous greeting; the same unbosoming of soul and self in a minute; and before we knew it, we thought it was only yesterday. Now, the main well-spring of the big Kentuckian's joyous, genial nature, and apparent defiance of years—for he weighs near two hundred, and is approaching four-score—is his most extraordinary and implicit and childlike confidence in the truth of the Christian religion, and its existence in his own heart. He never had a doubt in his life; and the faith that lives and springs perennially within him, throws sunshine, bright and beautiful, over all he casts his eye upon.

Sayre was an industrious man; he had no clerk, he clerked himself; he had no carriage, he locomoted himself, when locomotion was necessary. This was another element of his gladsome, gleesome nature, to be *always fully busy in doing something that was to purpose*, or that was pressing enough to give the feeling that it must be done, and that an advantage would come of it when completed. Take a lesson from this, ye lazy, lounging, yawning, stretching, idle folk, whose whole life is without end or aim; be busy about something useful or profitable; get out of that miserable, "ennuied" existence of yours, and human life and human kind will wear a different and a happier phase to the end of the chapter. Another reason for "Davy's" (as all his townsmen friendly called him) happy temperament was, that he was always making money; whatever might be the sudden "stringency of the money-market," whatever the breakdowns and reverses and failures and blow-ups, he was always like a cat, sure to come down right side up, because he *never went in debt, never ran any risk*. What a glorious motto for our young men to begin life with; what millions of losses would it prevent; what millions of lives, worse than wasted, would it save, and crushed and ruined hearts, too! Sayre is happy and young in his old age, because he has a heart as big as all out-doors. For nearly half a century his house has been a clergyman's hotel; he has fed and lodged more ministers than any dozen men in the nation; for he and his grand, good wife were always so glad to see them, that they could not only not help going there, but they would pass the word to every "brother" who was going that way: "Put up at old Davy's." He came round to the Sunday-school one day; it was so crowded as to make it inconvenient and uncomfortable. He saw it in a moment, said not a word, but soon after took us round to a splendid new building, costing many thousand dollars, and said to us: "You haven't room enough; this is for your Sunday-school." He visited the theological seminary of his Church. Its library was in a small, cramped-up room. "Now, Humphreys," said he to the President, "we must have a separate building for this library; have it done right away; if you see that it is well done, I will pay the bills." He is happy, because, next to his religion, he loves the glorious Union. His house is the general rendezvous of all the army officers. He raised a regiment himself, and gave every man a sum of money in addition. In the course of his life, he has given five hundred thousand dollars in money, to help along various poor relations, one of whom is now at the very head of one of the learned professions. A Christian, a philanthropist, and a patriot, always temperate, always making money, we can't exactly see why he shouldn't be as happy as the day is long, and always as lively as a young kitten.

WORTH REMEMBERING.

1. It is unwise to change to cooler clothing, except when you first get up in the morning.
2. Never ride with your arm or elbow outside any vehicle.
3. The man who attempts to alight from a steam-car while in motion is a fool.
4. In stepping from any wheeled vehicle while in motion, let it be from the rear, and not in front of the wheels ; for then, if you fall, the wheels can not run over you.
5. Never attempt to cross a road or street in a hurry in front of a passing vehicle ; for if you should stumble or slip, you will be run over. Make up the half-minute lost by waiting until the vehicle has passed, by increased diligence in some other direction.
6. If you want to sleep well at night, avoid sleeping a moment during daylight.
7. It is a miserable economy to save time by robbing yourself of necessary sleep.
8. If you find yourself inclined to wake up at a regular hour in the night and remain awake, you can break up the habit in three days, by getting up as soon as you wake, and not going to sleep again until your usual hour for retiring ; or retire two hours later and rise two hours earlier for three days in succession ; not sleeping a moment in the day-time.
9. If infants and young children are inclined to be wakeful during the night, or very early in the morning, put them to bed later ; and besides, arrange that their day-nap shall be in the forenoon.
10. "Order is heaven's first law," regularity is nature's great rule ; hence regularity in eating, sleeping, and exercise, has a very large share in securing a long and healthful life.
11. If you are caught in a drenching rain, or fall in the water, by all means keep in motion sufficiently vigorous to prevent the slightest chilly sensation until you reach the house ; then change your clothing with great rapidity before a blazing fire and drink instantly a pint of some hot liquid.
12. To allow the clothing to dry upon you, unless by keeping up vigorous exercise until thoroughly dried, is suicidal.
13. Drop yourself to the ground from the rear of any vehicle when the horses are running away, if you must get out at all.
14. If you are conscious of being in a passion, keep your mouth shut, for words increase it. Many a person has dropped dead in a rage.
15. It does not require a word to make a villainous lie ; whatever is intended to deceive or mislead, that is the falsehood. So it does not require a dagger or a bullet to kill a man ; the mean slander, a contemptuous shrug, may blast the reputation, and wilt the heart and life away.
16. If a person "faints," place him on his back and let him alone ; he wants arterial blood to the head ; and it is easier for the heart to throw it there in a horizontal line, than perpendicularly.
17. If you want to get instantly rid of a beastly surfeit, put your finger down your throat until free vomiting, and eat nothing for ten hours.
18. Feel a noble pride in living within your means, then you will not be hustled off to a cheerless hospital in your last sickness.
19. If you would live to purpose, and live long, live industriously, temperately, regularly, all the while maintaining "a conscience void of offense toward God and toward man."

PHYSIOLOGY OF WORSHIP.

I HAVE come across men and women in my time, treading on the very verge of the grave in their old age, who were so eager after the making and saving of money; had become so close and stingy and mean-hearted in every thing pertaining to dollars and cents, that their whole character was overshadowed. Whatever of good there used to be in them had died out; they had but one god, and that was gold; and in thoughts of it they reveled; in talks of it they waked up into a newness of life, to a keenness of perception in every thing pertaining to number one, that at once astonished and surprised. All this was the result of the mind feeding itself, day by day and hour by hour, on thoughts of filthy lucre; and the propensity grew as any other would have done, had it been equally indulged in, until it became to be out of all proportion, gave a hue to the whole character, and the soul was lost in the love of gold,

“That vile idolatry.”

In our physical nature, if any one set of muscles is exercised exclusively, they have an unnatural growth, approaching the monstrous, while others dwindle, and the whole physical nature is out of shape, uncomely, deformed. Hence those exercises most promote health of body which bring into play alternately every system of muscles. Thus it is also that if we exercise one set of muscles for a long time, we become weary, and yet may become rested without resting, and can return to the exercise with a feeling of freshness and new vigor, if for a while another set of muscles, or new combinations of them, are exercised. This principle pervades our moral nature as well; hence, for its proper nourishment, healthfulness, growth, and elevation, Divinity, for our best and highest good, has appointed one day in the week, and recommended in the Book of his revealed will a portion of the time of the other days in the week to be devoted to the contemplation of religious, of spiritual things; a proper attention to which breaks in upon the thoughts of worldliness, and effectually prevents that entire absorption of the mind as to money which makes old age so unlovely that we instinctively despise rather than revere. The whole subject merits the serious and solemn consideration of every reader, as there is not one who is not in danger of the great calamity of wrecking the very soul in its greed of gold, of becoming a monomaniac, and an object of pity and contempt to all. The value of this habit of daily contemplation and of stated weekly meditation on things which pertain to our spiritual nature and its relations to God and eternity, is seen in the old age of individuals who are evidently ripe for heaven; and in whole communities, as the Society of Friends, one of the cardinal points in whose religious faith is, the duty of self-communion, of inward spiritual contemplation; and that this is profitable to soul and body; for “the life that now is, and that which is to come,” witness their placid nature, their thriving condition, and the statistical fact that their lives average ten or fifteen years longer than any other class of persons.

MEDICAL ITEMS.

To produce sufficient light in internal cavities, to guide the surgeon in his operations, introduce a helix-formed glass tube of a very small bore, and burn by electricity any white light-producing compound, as carburetted hydrogen, carbonic acid, hydrochloric acid, etc.

BREAD.—Chemistry tells us that the best and most healthful bread is made by mixing flour, water, and yeast, by kneading it so effectually that the yeast and water shall come in contact with every grain of the flour, otherwise the bread will be bad; holes will be in it, and the crust will be easily detached from the soft part. Bad bread will be made out of the very best materials unless the kneading has been most thoroughly performed.

A **CARROT-HEAD** cut off a little below the top, and put in a basin of water, puts forth leaves, and makes a handsome ornament.

SMOKED HAM.—To give any ham the "smoky" taste, mix equal parts of vinegar and tar; dip the ham into it for a few minutes, then pour off and broil.

WORK.—In past times the world was worked too hard, and the masses did not live thirty years. Now human ingenuity has devised labor-saving machinery, so as to allow more time for rest, for recreation, and the cultivation of the social qualities of our nature; as witness the statement of that most ably conducted paper, the *Scientific American*, of New-York, to wit:

COTTON.—One man can spin more cotton-yarn now than four hundred men could have done in the same time in 1769, when Arkwright, the best cotton-spinner, took out his first patent.

FLOUR.—One man can make as much flour in a day now as a hundred and fifty could a century ago.

LACE.—One woman can make now as much lace in a day as a hundred women could a hundred years ago.

SUGAR.—It now requires only as many days to refine sugar as it did months thirty years ago.

LOOKING-GLASSES.—It once required six months to put quicksilver on a glass; now it needs only forty minutes.

ENGINES.—The engine of a first-rate iron-clad frigate will perform as much work in a day as forty-two thousand horses.

BUTTER may be kept sweet for many months thus: When first churned, wash it well in three waters; work it well again before packing; put it in large stone jars; dig a hole under any floor or in a cellar, leaving the top of the jar just above the ground; cover the butter two or three inches deep with strong brine, adding more butter until the jar is nearly full.

GREASY PEOPLE, fat and rubicund, are generally good-natured. Whether their greasiness is alike promotive of health and genial humor, is not here discussed. But grease is a "prophylactic," as doctors say; that is, it promotes health. It has passed into history that as often as the plague has decimated Smyrna, Constantinople, and other parts of the Levant, not a single case has ever been recorded of a person employed in loading and unloading oil being attacked even, let alone dying. The men know this so well that they freely offer to carry the sick of the plague to the hospitals. Wool-carders, who work in greased wool from morning until night (the trade of President Fillmore and the writer) are proverbially free from consumptive disease. Some of the African tribes expose themselves with impunity to the fervent heat of the desert when they have oiled themselves all over. **Grease is great!**

THE MONTH MALIGN.

SEPTEMBER gives rise to more disease in town and country together than any other month of the year. It is fruitful in diarrhea, dysentery, and fevers of every grade, from common fever and ague to the most malignant form of bilious, congestive, and yellow fever. The immediate causes of these maladies are the hot days and cool nights, in conjunction with the habits of the people. Few persons have hearty appetites in hot weather—our instincts are too wide awake for that; but we too often drown their wise, and steady, and gentle monitions in the clamor of the animal nature for stimulants, to whet up the appetite to hurtful and destructive activities. The proprietors of the most fashionable hotels in New-York have asserted that if it were not for the “profits of the bar” they would have to close their doors. Doubtless, in almost all cases, these “profits of the bar” are a very important source of income to all taverns. We have certainly noticed that a number of temperance hotels succeed in collapsing in a very short time. When the stomach is taxed beyond its ability of work, by eating to the fill of a stimulated appetite, one pernicious result always follows, and a different one is impossible in any single case in a century of centuries; that food is not perfectly assimilated; can not be made into good blood, and that, being mixed with what was already in the system, makes “bad blood” of the whole. The entire mass is a vitiated article, and becomes more so by each act of over-eating, by every mouthful swallowed to “get up an appetite.” The whole mass of blood being thus corrupted, it is no wonder that persons living thus are liable to complaints in all parts of the body, for this vitiated blood goes everywhere; and never feeling well, they are always “taking something.” In this way the body soon loses its vigor, its capability of resisting causes of disease, and warding off sickness; a state of things plainly proven and unwittingly acknowledged in the now very common expression: “The slightest thing in the world gives me a cold.” When such is the case, it is always because the person so speaking has not much stamina; in other words, is full of “bad blood,” whatever may have been the cause, whether from taking tonics, stimulants, or bitters, to wake up an unnatural appetite, or whether from “forcing” food; eating without an appetite; or merely from a vicious indulgence of the animal nature. When persons have for some time eaten more than the system requires, they lose their appetite; have a bad taste in the mouth on waking up in the morning; are more or less uncomfortably chilly, and are fit subjects for any cause of disease which may exist in the atmosphere; and they are the very first victims to any epidemic malady; if any body is sick, they are sure to be among the number. This general cause of disease existing in the atmosphere is always generated in the latter part of August and during September; it is called miasm—an emanation from decaying vegetable matter, mud, leaves, plants, roots, etc.; it is distilled death, literally, because the heat of the noonday sun acting upon matters like these, causes the deleterious agency to rise up, like alcohol or whisky from a still; when the cool of the evening comes, this air is condensed, becomes heavy, falls to the surface and is breathed by whole communities, sometimes breaking out in a night and destroying hundreds before the morning. In such cases the temperate, plain living, and industrious are the very last to suffer, if at all, because they have good blood, which has a “power” to resist disease. The lesson is, never attempt to “whet up” the appetite, except by creditable labor, or moderate, steady, continuous out-door activities.

G R E A T E A T E R S

NEVER live long. A voracious appetite, so far from being a sign of health, is a certain indication of disease. Some dyspeptics are always hungry; feel best when they are eating, but as soon as they have eaten they enter torments, so distressing in their nature, as to make the unhappy victim wish for death. The appetite of health is that which inclines moderately to eat, when eating time comes, and which, when satisfied, leaves no unpleasant reminders. Multitudes measure their health by the amount they can eat; and of any ten persons, nine are gratified at an increase of weight, as if mere bulk were an index of health; when, in reality, any excess of fatness is, in proportion, decisive proof of existing disease; showing that the absorbents of the system are too weak to discharge their duty; and the tendency to fatness, to obesity, increases, until existence is a burden, and sudden death closes the history. Particular inquiry will almost invariably elicit the fact, that a fat person, however rubicund and jolly, is never well, and yet they are envied.

While great eaters never live to an old age, and are never for a single day without some "symptom," some feeling sufficiently disagreeable to attract the mind's attention unpleasantly, small eaters, those who eat regularly of plain food, usually have no "spare flesh," are wiry and enduring, and live to an active old age. Remarkable exemplifications of these statements are found in the lives of centenarians of a past age. Galen, one of the most distinguished physicians among the ancients, lived very sparingly after the age of twenty-eight, and died in his hundred and fortieth year. Ketigern, who never tasted spirit or wine, and worked hard all his life, reached a hundred and eighty-five years. Jenkins, a poor Yorkshire fisherman, who lived on the coarsest diet, was one hundred and sixty-nine years old when he died. Old Parr lived to a hundred and fifty-three; his diet being milk, cheese, whey, small beer, and coarse bread. The favorite diet of Henry Francisco, who lived to one hundred and forty, was tea, bread and butter, and baked apples. Ephraim Pratt, of Shutesbury, Massachusetts, who died aged one hundred and seventeen, lived chiefly on milk, and even that in small quantity; his son Michael, by similar means, lived to be a hundred and three years old. Father Cull, a Methodist clergyman, died last year at the age of a hundred and five, the main diet of his life having been salted swine's flesh (bacon) and bread made of Indian meal. From these statements, nine general readers out of ten will jump to the conclusion that milk is "healthy," as are baked apples and bacon. These conclusions do not legitimately follow. The only inference that can be safely drawn is from the only fact running through all these cases—that plain food and a life of steady labor tend to a great age. As to the healthfulness and life-protracting qualities of any article of diet named, nothing can be inferred, for no two of the men lived on the same kind of food; all that can be rationally and safely said is, either that they lived so long in spite of the quality of the food they ate, or that their instinct called for a particular kind of food; and the gratification of that instinct instead of its perversion, with a life of steady labor, directly caused healthfulness and great length of days. We must not expect to live long by doing *any one thing* which an old man did, and omit all others, but by doing *all* he did, that is, work steadily, as well as eat mainly a particular dish.

LOGIC RUN MAD.

"WHAT is good for the goose is good for the gander," may have a certain amount of truth in it; but what is good for a goose is not necessarily, and therefore, good for a jackass. Yet this is the line of argument used by many, and is sometimes found in books, and magazines, and newspapers, in reference to health and disease. A man, for example, is sick of any thing or nothing; takes something and soon gets well; he has great faith in that medicine, and thereafter takes it for every ailment in his own person, and recommends it freely and confidently to any one who may be sick, without any special regard to the nature of the malady.

Another man makes brandy and water, especially the brandy, a panacea for all his ails, and recommends it as a useful and efficient medicine to any friend who may happen to complain, whether it be of belly-ache, bilious colic, or cancer.

It has been stated many times in print, that the Russians give their infants a warm bath, and, even when newly born, roll them out in the snow, and therefore it must be a good practice for all children. But are Russian children, as to the masses, unusually thrifty? According to one of their late publications, the *Rousky Dnevnik*, the mortality is such as to force public inquiry as to its cause; whether by or in spite of snow-baths, we say nothing.

The working-out mothers in Dresden bandage their children in the morning so completely that they can do nothing but roll over and over, and thus they remain all day, with a feeding at noon, thereby saving the expense of a nurse, and keeping them out of mischief. But shall we therefore follow the example of Dresden mothers, and keep our children helplessly bandaged the whole day, they meanwhile sweltering in all their excrements? Is it any wonder that one child out of ten born in Dresden is deformed? The greater wonder is, that nine out of ten children thus treated do not die outright.

We hear a great deal, in water-cure journals and others, of the thoroughness and efficiency of Turkish baths. If this is among the lower orders, then there is not a dirtier race in existence; if among the higher classes, we know they are not excelled for their effeminacy and early mortality. Because the masses of Chinese live mainly on rice, and the Irish on potatoes, vegetarians would persuade us that mankind would live longer if no meat were eaten. The Chinese are vegetarians perforce, and as a nation are the most filthy, beastly, effeminate people on the globe; and as for the race which lives almost exclusively on potatoes, are they exceeded by any people on this planet in diminished mental calibre, ignorance, low cunning, black-hearted revenge, and bestiality in strong drink? Where is the housekeeper who is not conscious that at least as to the menial race there is no truthfulness, no honesty, but in their place a fawning deceitfulness, unendurable by generous minds? And gymnasts run mad in their laudations of the games and sports described in all Greek and Roman story, and yet when these nations were at the very height of their civilization, they were most vilely corrupt, degenerate, and debased. The only efficient system of gymnastics is steady, useful, and remunerative labor. In short, before we adopt any means of health aside from temperance and industry, let us first ascertain certainly that others have been wholly benefited, and not all injured thereby; otherwise we are but putting in practice a "mad logic."

I N S A N I T Y .

INSANITY, lunacy, and madness are the same in nature, but different in degree ; all mean excessive mental action. Imbecility and idiocy imply a want of mental energy. The latter is a deficiency of brain power ; the former an excess. "Insanity" is a Latin word, and may include all the above, for it means simply "without health," as to the brain. The most common cause of insanity, in its usual acception, is the mind's dwelling too much on one or a few things, as witness inventors, great geniuses, and others. Very many in lunatic asylums are classed among those who have had some great trouble ; disappointed affection ; loss of a dear relative or bosom friend. Had any one of these been called to endure half a dozen other troubles, each of which was equal to the first, there would have been no derangement at all ; simply because the nervous power would have been diverted into different channels, would have been apportioned off to different parts of the brain, and thus have divided the intensity of the action to several, instead of one. Any muscle of the body unused, shrivels in size and loses its power ; that same muscle is increased in size and power, in proportion as it is largely used. It is a common observation that he who thinks and talks incessantly of one thing, is soon set down by his neighbors as "crazy on that subject," although sensible and clever on others. The practical inference is, divert the mind in all troubles ; do not brood over misfortunes ; don't cherish sad or melancholy meditations ; don't gloat over gold ; never allow your reflections to become inseparable from any one idea. When you begin to complain that you "can't sleep," from the mind's running on one particular subject, you are rapidly preparing yourself for the mad-house ! The fear of poverty has made many a rich man go crazy ; but mind, it was the man who had felt its pinchings in younger years. The hardest worked slave rarely goes crazy, because he has no abiding sorrow ; no concern about to-morrow's bread ; his labor in the day is mechanical, and the moment it is over he feels free ; his mind dismisses all thoughts of work, runs home and revels in his supper and other animal instincts ; infinitely freer from any corroding care than his master. In educated and elevated New-England, there are nearly ten times as many crazy people as in an equal number of South-Carolina slaves. Taking planters and slaves together, there are three times fewer insane persons in the South than in an equal number of New-Englanders. More crazy people come from the farm than from the city. There are not half as many deranged persons in five thousand inhabitants of the Western States, as in as many from glorious New-England. One general principle explains these apparent contradictions. New-England is thickly settled ; its soil is sterile, and the competition for bread is ceaseless and terrific. During its long and comparatively inactive winters, the mind frets at doing nothing ; it is like a caged lion ; it beats unavailingly against its prison-bars, and wastes itself in castle-building ; in "vain thoughts !" To be without money is to be without bread in New-England ; in the sunny South, and fruitful, blooming West, people "take trust for pay" literally ; and can live for years on confidence and credit, and so in the South ; in both sections pay-day is indefinitely postponed. Ohio is a fertile State, but thickly settled ; these two things antagonize each other ; hence the number of insane is half way between New-England and the South and West. In proportion as one idea, good or bad, absorbs the mind, in the same proportion is insanity courted.

PHILOSOPHY OF EXERCISE.

ALL know that the less we exercise the less health we have, and the more certain are we to die before our time. But comparatively few persons are able to explain how does exercise promote health. Both beast and bird, in a state of nature, are exempt from disease, except in rare cases; it is because the unappeasable instinct of searching for their necessary food, impels them to ceaseless activities. Children, when left to themselves, eat a great deal and have excellent health, because they will be doing something all the time, until they become so tired they fall asleep; and as soon as they wake, they begin right away to run about again; thus their whole existence is spent in alternate eating, and sleeping, and exercise, which is interesting and pleasurable. The health of childhood would be enjoyed by those of maturer years, if, like children, they would eat only when they are hungry; stop when they have done; take rest in sleep as soon as they are tired; and when not eating or resting, would spend the time diligently in such muscular activities as would be interesting, agreeable, and profitable. Exercise without mental elasticity, without an enlivenment of the feelings and the mind, is of comparatively little value.

1. Exercise is health-producing, because it works off and out of the system its waste, dead, and effete matters; these are all converted into a liquid form, called by some "humors," which have exit from the body through the "pores" of the skin in the shape of perspiration, which all have seen, and which all know is the result of exercise, when the body is in a state of health. Thus it is, that persons who do not perspire, who have a dry skin, are always either feverish or chilly, and are never well, and never can be as long as that condition exists. So exercise, by working out of the system its waste, decayed, and useless matters, keeps the human machine "free;" otherwise it would soon clog up, and the wheels of life would stop forever!

2. Exercise improves the health, because every step a man takes tends to impart motion to the bowels; a proper amount of exercise keeps them acting once in every twenty-four hours; if they have not motion enough, there is constipation, which brings on very many fatal diseases; hence exercise, especially that of walking, wards off innumerable diseases, when it is kept up to an extent equal to inducing one action of the bowels daily.

3. Exercise is healthful, because the more we exercise the faster we breathe. If we breathe faster, we take that much more air into the lungs; but it is the air we breathe which purifies the blood, and the more air we take in, the more perfectly is that process performed; the purer the blood is, and as every body knows, the better the health must be. Hence, when a person's lungs are impaired, he does not take in enough air for the wants of the system; that being the case, the air he does breathe should be the purest possible, which is out-door air. Hence, the more a consumptive stays in the house, the more certain and more speedy is his death.

SUMMER MORTALITY.

JULY and August are the most fatal months of the year in New-York, and other large cities. The deaths of August are nearly double those of November. This indicates that causes of disease are present in midsummer which are not found to the same extent in colder weather. Many attribute the increased mortality to unripe, imperfect, and decayed fruits; especially, as the deaths in charitable institutions, where fruits perfect or imperfect can not be indulged in, there are but half the number of deaths that occur in January and February; but in 1855, according to Commissioner Moreton's official report, one half of all who died were children under two years of age; such children are not those that use any kind of fruits much, hence the use of fruits has no appreciable influence on the greater mortality of summer. This, with the fact so reported, that there are more suicides in summer than in winter, the result of a diseased mind, induced by a diseased body, and that other fact, that the most incurable forms of consumption originate in summer, all combine to show that circumstances connected with warm weather are the direct causes of increased sickness and death in summer.

The most all-pervading cause of the increased sickness and death in cities in warm weather, is the breathing of an impure, a vitiated atmosphere. The most uncultivated know that there are "smells" connected with places in summer, which are not noticeable in winter. Many persons aim to have the rats about the house killed with poison, before the warm weather comes on, so as to avoid noisomeness about the premises. Hence, it must be set down as a practical fact, that warm weather generates odors which make the air impure; the breathing of which will always induce disease sooner or later, and more or less fatal, according to the degree of impurity and the duration of exposure to it. As double the number of persons die in the crowded parts of the city compared with less condensed districts; and as the poorer people are, the more crowded are their habitations, and poverty, and filth, and squalor, and uncleanness go together always and everywhere, it is proof positive that hot weather acting upon unclean habitations and surroundings, and thus vitiating the atmosphere, is the great overshadowing cause of the premature death and wasting sickness which pervades cities in summer-time. The practical inference is, that to prevent much of these calamities, all that is necessary is to secure a greater degree of cleanliness in person, in the houses, cellars, kitchens, back-yards, streets, and gutters.

Another cause of the greater mortality of summer is irregular, unseasonable, and over-hasty eating. If children especially are allowed to be nibbling at something all the time, the stomach is kept incessantly at work, until its strength is exhausted, as would be the case with any other muscle or set of muscles which were allowed no rest; when the stomach is thus weakened, or by taking more food into it than it can digest, or by eating heartily when very tired, the food sours; wind is formed, and the whole mass eaten is thrown up, or is passed out of the system, inducing diarrhea, cholera, or dysentery. While half of all who die in summer in the city are children under two years of age, over half of these children are under one year; and as the main food of such is mothers' or cows' milk, it is reasonable to infer, either that the children are fed too much on milk, or that it is not fresh and pure, is not perfect milk. The undoubted cause of the remarkable diminution of sickness and death among children in charitable institutions in New-York, can be from nothing else than the perfect cleanliness of these establishments, plainness of food, and regularity in eating and sleeping—a most suggestive statement to every parent.

POSTURE IN WORSHIP.

Of all the lazy folks in creation, old-school Presbyterians take the lead in reference to the manner in which they conduct religious worship on the Sabbath-day. Every principle of physiology and common-sense is subverted; every instinct of propriety, respect, reverence, and devotion are all sacrificed to the Moloch of personal idleness and ease. The people go in, squat down on benches, and sit and sit and sit for two mortal hours, neither kneeling nor standing until two or three minutes previous and preparatory toward taking their hats and marching out. Some denominations have the decency to kneel in prayer, which seems very appropriate and becoming; the Presbyterian leans forward, spreads out his elbows along the pew-back for about a yard, leans his forehead on his hands and goes to sleep, becomes semi-comatose, or lays plans for next day. Some of them, the women, doubtless are devout as far as persons can be who can scarcely keep their eyes open. Does it not defy criticism, that keeping one position for nearly two hours predisposes to sleep, which is further cherished and invited by leaning forward, as just described, and closing the eyes. Episcopalians are called formal by some, and ceremonious, by their frequent change of position in sitting, standing, and kneeling; others derisively speak of it as "bobbing up and down all the time," so that a stranger can't tell what's what, as sometimes they sit when they sing, at others stand when they sing; now the minister recites, and they stand; again he recites, and they sit; a third time, and they lean forward; sometimes he says, "Amen!" and they lean on, take no notice of it; at another time he says, "Amen!" and "as you were" seems to be the order of the day. We never fail to get mixed up entirely when we go to hear the Episcopalians preach; nor have we any chance of going to sleep. Who ever sits squat down two hours at a stretch at home, abroad, anywhere on the face of the earth, except a Presbyterian at public worship? It is the more irrational, in proportion as the worshiper is a laboring man, or is actively engaged in business during the week, for the blood will tend to stagnation from the long one position, the body becomes uneasy and cries out for change, as is evidenced plainly enough by the incessant wriggling about in the pew; while the brain is oppressed by the stagnating blood, and the mind works sluggishly and sleepily. The good old-fashioned Methodist plan is the best, the most rational, devout, and becoming; to sit when they listen to man; to kneel when they address the Great I Am; to stand when they praise before the Saviour of all. But homely old Methodism is getting out of date now; it isn't decorous in these times to "shout aloud" and show that the worshiper is a wide-awake Christian, a living man; they don't sing in these times as if they would split their throats open with the gushing unction of their songs, but they are getting to be put in strait-jackets like other people, with "steepelows" to their churches, and doors to their pews, as if to keep out the uncircumcised and the stranger; while their foretime soul-singing has dwindled down to a prim squeak, like a penny whistle that had the croup. What would good old John Wesley say, if he could be resurrected?

C A N C E R

Is the Latin word for "Crab," and was applied to that kind of sore which has the spragging look of that ugly animal. The essence of cancer is in a depraved condition of the blood; it is hard, soft, or yielding as a sponge; it is a loathsome and thus far an incurable disease. It is worse than incurable, because if healed up, or cut out at one place, it is sure to sprout up in a dozen others. Sometimes a sore is cured, that looks like a cancer, and the pretended curer is willing enough that it should be considered a real one, hence ingenious impositions have been practiced on many and many hearts sickened to death by false hopes. Cancer is developed in two ways almost always. First, nature makes an effort to pass out of the system, through some gland, matters, the presence of which is hurtful; if thwarted, the gland under certain conditions becomes cancerous, becomes an eating, running sore, which, if let alone, will always secure a longer life than if it is not allowed to run, by "healing it up," or cutting it out. Second, when a gland is injured by a cold settling in it, or by a bruise, cancerous disease begins to develop itself when the blood is in a depraved condition. The same cold or bruise would have passed off without injury, had the individual possessed vigorous health. Cancer is confined chiefly to females, because of their in-door life, so promotive of a poisoned blood from want of exercise and from the routine nature of their existence. Its commonest seat is the left breast, first appearing an undischorded hard lump the size of a marble or pea, growing very slowly, and as it becomes more active, giving the characteristic star-like pains; pains which shoot out or lancinate in every direction like the rays of a star. Any pain of this sort, confined to one spot, should be always regarded with apprehension. After a while the skin assumes a puckered appearance, sometimes with heat, soon breaks and throws out a thin fluid, with more or less blood, next emitting a most offensive smell as the fungus mass springs forth and eats its horrible way into the very vitals.

Cancer of a more superficial character sometimes attacks the nose, the lower lip, and the corner of the eye, looking at first like a "fever-blister," or a wart with an uneven surface; at other times it comes with a dry scale, which falls, or is picked off; another and another comes, each going deeper, until the hateful sore assumes its characteristic appearance. It is admitted the world over, because statistical tables prove it, that "cutting out a cancer," especially from the breast, is fatal in nine cases out of ten. Whether that tenth case may not be a cancer only in appearance, is a question. As all acknowledge that cancer arises from a depraved condition of the blood, those who fear cancer, with or without cause, should use means to keep the general system in the highest health possible, as a means of purifying the blood, and thus indefinitely postpone the breaking out of the cancerous sore; keeping it in its hard state as it were; just as tubercles in the lungs, which are hard lumps there, and which are not capable of causing common consumption as long as they remain hard, may be kept in abeyance for a long lifetime by a vigorous following out of those activities which the experienced physician has so often seen to be efficient in such cases. Meanwhile, if any person has an actual sore which seems to be of a cancerous character, try any body and any thing reasonably promising even a slight benefit.

WEATHER SIGNS.

Sudden changes of weather are the immediate cause of the sickness and death of multitudes, hence all persons owe it to themselves to study to some extent the portents of the heavens, from their own observation, as to the localities in which they live, paying but little attention, and relying not at all, on the signs of the weather as read in books, or detailed by others. Rules for farming and weather signs are proverbially uncertain and conflicting, arising from the one cause of applying observations of one locality to those of another. Many of the dates for planting in Minnesota would not answer in Louisiana. There are, however, some general signs which are applicable to all lands. Parents should begin early to draw the attention of their children to the weather signs of their individual localities; this habit of observation will be largely valuable in other directions, in practical life.

The following lines are attributed to Dr. Jenner, written on declining an invitation to an excursion; these signs can be readily explained on strictly scientific principles:

<p>* The hollow winds begin to blow, The clouds look black, the glass is low, The soot falls down, the spaniels sleep, And spiders from their cobwebs creep. Last night the sun went pale to bed, The moon in halos hid her head; The boding shepherd heaves a sigh, For see! a rainbow spans the sky. The walls are damp, the ditches smell, Closed is the pink-eyed pimpernel. Hark! how the chairs and tables crack; Old Betty's joints are on the rack; Her corns with shooting pains torment her, And to her bed untimely send her. The smoke from chimneys right ascends, Then spreading back to earth it bends. The wind unsteady veers around, Or settling in the south is found. The tender colts on back do lie, Nor heed the traveler passing by. In fiery red the sun doth rise, Then wades through clouds to mount the skies. Loud quack the ducks, the peacocks cry, The distant hills are looking nigh. How restless are the snoring swine! The busy flies disturb the kine. Low o'er the grass the swallow wings;</p>	<p>The cricket, too, how loud it sings; Puss, on the hearth, with velvet paws, Sits smoothing o'er her whiskered jaws. Through the clear stream the fishes rise, And nimbly catch the incautious flies. The sheep were seen, at early light, Cropping the meads with eager bite. Though June, the air is cold and chill; The mellow blackbird's voice is still; The glow-worms numerous and bright, Illumed the dewy dell last night. At dusk the squalid toad was seen, Hopping, crawling o'er the green. The frog has lost his yellow vest, And in a dingy suit is dressed. The leech, disturbed is newly risen, Quite to the summit of his prison. The whirling wind the dust obeys, And in the rapid eddy plays. My dog, so altered in his taste, Quits mutton-bones, on grass to feast. And see yon rooks! how odd their flight! They imitate the gliding kite; Or seem precipitate to fall, As if they felt the piercing ball. 'Twill surely rain. I see with sorrow, Our jaunt must be put off to-morrow."</p>
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STAMMERING.

It is often observed that persons in a state of intense excitement are incoherent, do not express themselves connectedly; this is simply acute stammering, resulting from a too great an amount of nervous power or influence going out in a specific direction by the mind being too intently fixed on one thing, on one idea, on one effort. The always efficient remedy is to divide the mind's attention in any way that will cause deliberation or composure. Twenty years ago it was considered a great surgical feat in the amphitheater of the University of New-York to bring in the most inveterate stutterer, and in five minutes he would go away before the wondering eyes of the students, perfectly cured, simply by having had a common knitting-needle, or its substitute, thrust through the tongue. The philosophy of this was, that unless the tongue was moved with deliberation more or less pain was excited; but the misfortune was, that as soon as the thrust was healed, the man stammered as before.

It is related in physiological works, that a laborer, the most inveterate stammerer in London, became possessed with the idea that he would make a good play-actor, and nothing that his friends could say or do could induce him to forego his resolve. The unusual circumstance gave a crowded house, and the young man went through his part without the stammer of a single syllable; because, while one effort of the mind was to remember the words and the gestures, another, a divided one, was to the utterances of his part.

My son, at the age of six, stammered inveterately. He was very impulsive and of a highly nervous temperament. Holding the views of this article, I would not allow him to be scolded or ridiculed, or have the infirmity remarked upon by any member of the family, because either of these would but increase the embarrassment or want of presence of mind; but whenever he came to me for any thing, I would say in a kindly, encouraging way: "Now, Bobby, if you will ask for it in a *slow*, plain way, you shall have it." Then, without any instruction, he would say: "Will fa-ther please give Rob-ert a piece of can-dy?" thus distinctly enunciating every syllable. I noticed at the same time, that the little fellow, at each syllable, would make a motion to strike his hand against his thigh as he stood. Here was nature's instinct coming to his aid; part of the mind, as it were, was directed to the hand keeping time to each syllable, another part to obtaining the object in view. No one ever stammers in singing, because the attention is divided between the music and the sentiment. In a few weeks little Robert ceased to stammer altogether, and has never since had the slightest trouble in that direction. Hence, the only cure for stammering is to cultivate mental deliberation in the way most easily available to each particular person.

CHILDREN'S FEET.

LIFE-LONG discomfort, disease, and sudden death often come to children through the inattention, ignorance, or carelessness of the parents. A child should never be allowed to go to sleep with cold feet; the thing to be last attended to, in putting a child to bed, should be to see that the feet are dry and warm; neglect of this has often resulted in a dangerous attack of croup, diphtheria, or fatal sore throat.

Always, on coming from school, on entering the house from a visit or errand in rainy, muddy, or thawy weather, the child's shoes should be removed, and the mother should herself ascertain if the stockings are the least damp; and if so, should require them to be taken off, the feet held before the fire and rubbed with the hand until perfectly dry, and another pair of stockings be put on and another pair of shoes, while the other stockings and shoes should be placed where they can be well dried, so as to be ready for future use at a moment's notice.

There are children not ten years of age suffering with corns from too close-fitting shoes, by the parent having been tempted to "take" them because a few cents were deducted from the price, while the child's foot is constantly growing. A shoe large enough with thin stockings is too small on the approach of cold weather and thicker hose, but the consideration that they are only half worn is sufficient sometimes to require them to be worn, with the result of a corn, which is to be more or less of a trouble for fifty years perhaps; and all this to save the price of a pair of half-worn shoes! No child should be fitted with shoes without putting on two pair of thick woolen stockings, and the shoe should go on moderately easy even over these. Have broad heels, and less than half an inch in thickness.

Tight shoes inevitably arrest the free circulation of the blood and nervous influences through the feet, and directly tend to cause cold feet; and health with habitually cold feet is an impossibility.

That parent is guilty of a criminal negligence who does not always see to it that each child enters the church and school-house door with feet comfortably dry and warm. Grown persons of very limited intelligence know that, as to themselves, damp feet endanger health and life, however robust; much more so must it be to the tender constitution of a growing child.

I have never known a shoemaker, whether in sending home a pair of new shoes or old ones repaired, to fail leaving several pegs or iron nails to project through the sole on the inside. The result is, that often in a single day, the excitement of play preventing a child from noticing any discomfort, the stockings are cut through in several places and ugly sores are made in the soles of the feet, to be an annoyance and a trouble for a week afterward; beside the unnecessary work given to an already overtasked mother in mending the stockings. To avoid the results of such inexcusable neglect, and also to make it more sure that pegs and nails should not "work through" by the shrinkage of the leather, and also to keep the feet dry, there should be worn between the leather of the shoe and the stocking a piece of cork, or soft, thick pasteboard, lined at the bottom with a piece of oiled silk, and on the upper-side touching the stocking the lining should be of Canton flannel; each person should have two pair of these, to be worn on alternate days.

GRUELS AND SOUPS.

WHEAT-MEAL GRUEL.—Mix two tablespoonfuls of wheat-meal smoothly with a gill of cold water; stir the mixture into a quart of boiling water; boil about fifteen minutes, taking off whatever scum forms on the top. A little sugar may be added if desired.

INDIAN-MEAL GRUEL.—Stir gradually into a quart of boiling water two tablespoonfuls of Indian meal; boil it slowly twenty minutes. This is often prepared for the sick, under the name of "water-gruel." In the current cook-books, salt, sugar, and nutmeg are generally added. Nothing of the sort should be used, except sugar.

OATMEAL GRUEL.—Mix a tablespoonful of oatmeal with a little cold water; pour on the mixture a quart of boiling water, stirring it well; let it settle two or three minutes; then pour it into the pan carefully, leaving the coarser part of the meal at the bottom of the vessel; set it on the fire, and stir it till it boils; then let it boil about five minutes, and skim.

FARINA GRUEL.—Mix two tablespoonfuls of farina in a gill of water; pour very gradually on the mixture a quart of boiling water, stirring thoroughly, and boil ten minutes.

TAPIOCA GRUEL.—Wash a tablespoonful of tapioca, and soak it in a pint and a half of water twenty minutes; then boil gently, stirring frequently, till the tapioca is sufficiently cooked, and sweeten.

SAGO GRUEL.—Wash two tablespoonfuls of sago, and soak it a few minutes in half a pint of cold water; then boil a pint and a half of water, and, while boiling, stir in the farina; boil slowly till well done, and sweeten with sugar or molasses.

CURRENT GRUEL.—Add two tablespoonfuls of currants to a quart of wheat-meal or oatmeal ground, and, after boiling a few minutes, add a little sugar.

GROAT GRUEL.—Steep clean groats in water for several hours; boil them in pure soft water till quite tender and thick; then add boiling water sufficient to reduce to the consistency of gruel. Currants and sugar may also be added.

ARROW-ROOT GRUEL.—Mix an ounce of arrow-root smoothly with a little cold water; then pour on the mixture a pint of boiling water, stirring it constantly; return it into the pan, and let it boil five minutes. Season with sugar and lemon-juice.

RICE GRUEL.—Boil two ounces of good clean rice in a quart of water until the grains are quite soft; then add two tablespoonfuls of sugar, and boil two or three minutes. Currants make a good addition to this gruel.

TOMATO SOUP.—Scald and peel good ripe tomatoes; stew them one hour, and strain through a coarse sieve; stir in a very little wheaten flour to give it body, and brown sugar in the proportion of a teaspoonful to a quart of soup; then boil five minutes. This is one of the most agreeable and wholesome of the "fancy dishes." Ochre, or gumbo, is a good addition to this and many other kinds of soup.

RICE SOUP.—Boil one gill of rice in a pint of water till soft; then add a pint of milk, a teaspoonful of sugar, and simmer gently five minutes.

SPLIT PEAS SOUP.—Soak the peas all night; then cook them three or four hours, or till perfectly soft. Add a little sweet cream just before they are done.

GREEN PEAS SOUP.—Take three pints of peas, three common-sized turnips, one carrot, and the shells of the peas. Boil one quart of the largest of the peas, with the shells or the pods, till quite soft; rub through a fine colander; return the pulp into the pan, add the turnips, a carrot, sliced, and a quart of boiling water; when the vegetables are perfectly soft, add the young or smaller peas, previously boiled.

SPLIT PEAS AND BARLEY SOUP.—Take three pints of split peas, half a pint of pearl-barley, half a pound of stale bread, and one turnip, sliced. Wash the peas and barley, and steep them in fresh water at least twelve hours; place them over the fire; add the bread, turnip, and half a tablespoonful of sugar; boil till all are quite soft; rub them through a fine colander, adding gradually a quart of boiling water; return the soup into the pan, and boil ten minutes.

BARLEY SOUP.—Take four ounces of barley, two ounces of bread crumbs, and half an ounce of chopped parsley. Wash the barley, and steep it twelve hours in half a pint of water; boil slowly in a covered tin-pan five hours, and about half an hour before the dish is to be served add the parsley.

GREEN BEAN SOUP.—Take one quart of garden or kidney beans, one ounce of spinach, and one ounce of parsley. Boil the beans; skin and bruise them in a bowl till quite smooth; put them in a pan with two quarts of vegetable broth; dredge in a little flour; stir it on the fire till it boils, and put it in the sp'ueach and parsley, (previously boiled and rubbed through a sieve.)

VEGETABLE BROTH.—This may be made with various combinations and proportions of vegetables. For example—four turnips, two carrots, one onion, and a spoonful of lentil flower. Half fill a pan with the vegetables, in pieces; nearly fill up the vessel with water; boil till all the vegetables are tender, and strain.

BARLEY BROTH.—Take four ounces of pearl-barley, two turnips, three ounces of Indian-meal, and three ounces of sweet cream. Steep the pearl-barley (after washing) twelve hours; set it on the fire in five quarts of fresh water, adding the turnips; boil gently an hour; add the cream; stir in the meal; thin it, if necessary, with more water, and simmer gently twenty minutes.

VEGETABLE SOUP.—Two good-sized turnips and Irish potatoes each; one carrot, parsnip, sweet potato, and onion each; a little parsley, chopped fine, and three tablespoonfuls of rice or pearl-barley. Slice the vegetables very thin; put them in two quarts of boiling water; let them cook three hours; then add the rice, and cook one hour longer.

MEDICAL MELANGE.

BLISTERED HANDS AND FEET.—The speediest remedy is to light a tallow candle and let the melted tallow drop in cold water, then mix the tallow with strong spirits and rub it thoroughly into the palms or soles; this is both a preventive and curative.

CONCENTRATED POTATOES.—A bushel of potatoes averages sixty pounds; when all the water is absorbed five pounds of nutritive material are left, which, when ground, looks like Indian (corn) meal. A factory in Maine "concentrates" a thousand bushels of potatoes a day for the army.

READING WHILST TRAVELING fatigues the eyes, as every observant person well knows; this induces headache, sometimes pains around the eyes, with a slight congestion of the retina, which, when the habit becomes inveterate, and the subject is over fifty or of a weak constitution, is liable to end in an attack of apoplexy. London medical journals have reported several very obscure, painful, and complex maladies which have entirely disappeared, and very promptly too, on the discontinuance of the custom of reading on rail-cars while in motion or of riding long distances to business daily, namely, thirty or forty miles every day.

POISONED IVY OR OAK-VINES.—Some persons are so susceptible of being poisoned in passing through the woods, that a breath of air passing from the vine toward any exposed part of the body is sufficient to produce severe skin disease, and which is very difficult of cure in some constitutions. An item has been going the round of the papers lately to the effect that if the person will chew and swallow even half a leaf of the ivy itself it effects a speedy cure. But the public should be on their guard in using this remedy, for one case at least is given where swallowing a single leaf was followed by most distressing symptoms, and the person barely escaped with life.

HYDROPHOBIA is said to be cured promptly and effectually by swallowing a decoction of thorn-apple, that is the plant known as the Jamestown or Jimson weed, putting the patient in a furious rage as soon as swallowed. When it is known that this weed is a deadly poison under ordinary circumstances, and that children have frequently died after having eaten a few seeds, persons are counseled not to make the experiment, and to let poison-oak and the thorn-apple alone; it is always better to apply to a physician.

TAKING COLDS.—Some persons can almost tell in an instant when they have taken cold, generally by the disagreeable feeling of chilliness and the difficulty of getting comfortably warmed. Sometimes a person after exercising actively finds himself a little chilled before he knows it. In both cases an available, instantaneous, and almost always efficient remedy is at hand—simply walk, run, or work until free perspiration is produced, the sooner the better, and when the exercise is over, go to a room of seventy degrees Fahrenheit, or drink several cups of hot drink, taking care, if not in a warm room, to cease exercising by degrees.

IMPRESSIONS ON THE RETINA AFTER DEATH.—This is a beautiful thought; too beautiful to be true. Impressions do not remain an instant in life, for another one comes as fast as presented. How, then, can they remain after death? The last impression in life does remain some time, if the eye is immediately closed, as Sir Isaac Newton describes in his own experience, in a letter to the philosopher Locke; but to do that it was necessary that he should fix the mind on it, or as Sir Isaac expressed himself, "intend my fancy," but such an *intending* can not exist after death.

DIPHTHERIA is said to be speedily arrested and cured by swallowing lumps of ice, *continuously*, until relief is afforded; let them as much as possible melt in the throat. Common sore-throat is cured in the same way, sometimes.

EPILEPSY, or falling-sickness, is reported to be successfully treated by Dr. John Chapman, of London, editor of the *Westminster Review*, by the application of ice and hot water, in India-rubber bags, at various parts of the spinal column.

THE SICK SCHOOL-GIRL.

I KNOW an only daughter of fourteen, sole heiress to a fortune of hundreds of thousands of dollars, the petted child of fond but foolish and misguided parents, in a distant city, and yet she is miserable in mind and body for three fourths of her waking existence. She rides to school, less than a mile away, in a splendid equipage every fair morning; if it is threatening weather, she stays at home. She seldom goes to bed sooner than eleven or twelve o'clock. She is barely ready to start to school any morning sooner than nine. On the mornings of Saturday, Sunday, holidays, and bad days, eleven o'clock still finds her in bed. Her nights are spent at parties, balls, operas, theaters, or in frivolous company. If none of these are available, she reads novels in bed by gas-light for hours and hours together; but an almost invariable custom, before retiring, especially after returning from the ball or the theater, is to take a hearty supper. The result of this last practice is, that she never has any appetite for breakfast, not much more for dinner, so that the only full meal of the day is just before retiring. The legitimate results of such a training on body, mind, and heart are sadly suggestive. This spoiled child is never well any three days in succession, and has alarming attacks of a dangerous malady a dozen times a year, besides almost daily complaints of headache, tiredness, cold feet, weight or burning at the stomach; and more or less of a "little cold" all the time. To suppose that this child will ever reach the maturity of womanhood is absurdity itself.

The effects which such a mode of life has on the mind are not less baleful. Such a girl can not be "educated" in any single branch of knowledge, in any single accomplishment. The excitement of the nightly novel and theatre will wear out the mental energy before its time, and must as certainly unfit her for the realities and the labors of life as the excitement arising from spirits incapacitates the body for steady, effective labor.

The effects of such a defective training on the heart, the temper, the soul are the highest types of injustice, selfishness, and a sad destitution of human sympathies. These bear hardest and first on the servants. The coachman must remain on his box in the street until midnight, however inclement the weather; her maid must sit up to open the door when she comes home, and the cook the same, in order to prepare her a lunch before retiring. Yet if the cook is not up at daylight to prepare the regular family breakfast, and the maid to open the house and sweep the halls and stoop and pavement in time for the earliest visitor, and the coachman to take his master to 'Change, or his mistress to her early shopping, they are all subject to the severest reprimands, with the apparently unanswerable question: "Are you not paid to wait on me?" The laundress also suffers, for miss takes not the slightest pains to "save her clothing," either from being soiled, or torn, or disordered, on the plea that "she is hired to wash, and we pay her for it." The intelligent and generous mind sees at once the absurdity of such views, their injustice and their stony-heartedness. No one has a right to make one hand's turn of unnecessary labor for the meanest scullion of the kitchen, nor to demand unseasonable labor or service; every servant in every humane family has a right to all the sleep that can be taken, and an equal right to demand regularity in all the movements of the household, or an extra compensation for the lack of it. We should demand nothing which costs another unnecessary trouble or pain.

KINDNESS REWARDED.

It is a dreadful thing to be old and poor, and have no home; but there is a deeper depth of human calamity than this—it is to have, in addition, an old age of wasting, wearing sickness, which is often superinduced by that constant depression of mind which attends the consciousness of being alone and friendless and in want. One of the very best means of avoiding an old age of destitution and bodily suffering is to cultivate while young all the benevolent and generous feelings of our nature, never by any possibility allowing any opportunity pass of befriending a fellow-traveler, as we are passing along life's journey, for sooner or later the reward will come, the reward of a happy heart and oftentimes a comfortable provision for declining years.

In 1812, a wounded soldier was lying helpless on the plains of Chalmette, a few miles below New-Orleans. A youth passing that way kneeled at his side, inquired as to his wants, conveyed him to a shelter, and remained with him until he was able to leave for his home in the city. Nearly have a century later, the wounded soldier died, but old Judah Touro never forgot the youth who helped him on the battle-field, and left him fifty thousand dollars in money, besides some duties to perform which eventually yielded Mr. Shepherd \$100,000 more.

While living in New-Orleans, about the year 1850, a poor young doctor, with a large family and a small practice, often came into my office. He was always courteous, always kind, and always sad; and who could be otherwise when anxiety for to-morrow's bread for wife and children, was always pressing on the heart? But there came a letter one day, with the English post-mark, making inquiries for a young American doctor who had greatly befriended an English gentleman during a long and dangerous attack of sickness in New-Orleans a number of years before. This grateful gentleman had died, and left our poor young doctor a large estate.

Ten years ago and less, there lived in the city of New-York a clergyman whose name and memory are sacred to thousands of grateful, loving, revering hearts. He has not been dead long, he will never die out of the holy affections of the people before whom he came in and went out so many years. Among his people there was one man, and he was of large wealth, who seemed to make it his special business, as it was his highest happiness, to see that his revered pastor wanted nothing. It was not a fitful care. It did not spring up in May, and die long before December came, but through weeks and months and long years it was always the same; incessant, perennial, gushing up alway like a never-failing spring. The pastor died; his loving watcher, by no fault of his own, failed for almost millions; any recovery was absolutely hopeless. The grief that pressed him most was the loss of ability to help the helpless. Men looked on and wondered, and began to question if Providence would let such a man come to want in his gray hairs. But there was an eye upon him. A man of very great wealth said: "He must not suffer who cared so well and faithfully and long for my old minister. He is just the man I want to attend to my estates, and he shall have all he asks for as compensation for his services."

CORN BREAD.

A BUSHEL of corn contains as much nutriment as a bushel of wheat, and is five or six times less costly. But it is almost always spoiled in the Eastern States by being ground too fine. The most ignorant "contraband" in the South-West can make a most delicious bread in a few minutes out of corn-meal, pure water, and a little salt, baked on a hot hearthstone, or a heated hoe; this is the celebrated "hoe-cake" of the olden time. Very few persons in the East can make any kind of corn-bread without putting in soda, saleratus, or cream of tartar enough to physic an elephant; the necessity for these ingredients arises from the useless fineness of the meal, which makes it bake heavily. Chemical research has demonstrated that the most healthful and nutritious and strengthening particles of ground corn or wheat are found attached to the outer covering, which forms the "bran," and which, by some perversity, is segregated from both flour and meal. The same principle applies to the Irish potato, for there is more nutriment in the quarter of an inch attached to the skin than in the whole remainder. There is more of the element which forms our bones in the refuse bran of corn or wheat than in all the other parts together. From experiments recently made with cattle, it appears that there is a large amount of nutriment in the cobs of Indian corn; that if cobs and grain are ground together, cattle fare as well, thrive as well as if they were fed on the ground corn alone; and from the fact that those fed on the former gave about half as much more manure, it may be safely inferred that if the cob and corn were properly ground together, and eaten moderately coarse, but baked well and thoroughly, it would not only be a wholesome article of diet, but would have a good effect in remedying that "costive habit" which is almost inseparably connected with nearly every human ailment, which aggravates all of them, and the removal of which greatly ameliorates, if it does not promptly and permanently cure three fourths of our ordinary maladies, if combined with cleanliness, rest, and pure air.

MUSH AND MILK is a famous and much loved article of food, especially if the mush is slowly boiled for several hours; if it is then cooled, sliced, and fried, it makes a dish which a healthy and industrious man can eat with a relish every day in the year.

Indian corn coarsely broken, (called hominy,) soaked all night over or near the fire, and slowly boiled six or eight hours next day, makes a dish which may be eaten with salt, syrup, molasses, or milk, of which one scarcely ever tires.

DERANGED.

INSANITY means literally without health as to the brain; its most common cause is the mind dwelling too much on one idea, or having a too great sameness of occupation, especially of an all-absorbing or unpleasurable character, as witness inventors, great geniuses, etc. The Superintendent of a State Lunatic Asylum states that the most furious maniac he had ever known was a woman who had raised a large family of children, each of whom was sent out to work as soon as able to do so, while she nursed the younger ones and did nearly all the work of the family herself; here was not only sameness of occupation, but an unpleasant sense of being driven all the time; anxiety, wearing care and solicitude pervading the whole of her existence. The insane are generally those who have had some great trouble; disappointed affection; loss of a dear relative or bosom friend; pecuniary reverses, or eating remorse. Had any one of these been called to encounter half a dozen troubles, each equal to the first, there would have been no derangement at all, because the nervous stream would have expended its force, or have been diverted to half a dozen different points instead of one, and thus would not have caused disorganization or an uncontrollable action as of the one over-stimulated portion. A man who thinks and talks incessantly of one thing, is soon set down by his neighbors as "crazy on that subject," although sensible enough on others. The fear of poverty has made many a rich man go mad. But the hardest worked slave is seldom deranged, because he has no abiding sorrow; no concern about to-morrow's bread; his labor is mechanical, and the moment it is over he dismisses all thought of toil, the mind runs home to his little hut, to his supper, and the other animal gratifications of his position, and his sleep is infinitely sweeter than his master's. In educated and elevated New-England there are nearly ten times as many crazy persons as among an equal number of field hands in the South. Taking planters and their slaves together, there are three times fewer insane than in as many New-Englanders. More crazy people come from the farm than from the city and the town, in spite of the coveted quiet of a farmer's life, its envied independence, and its wrongly estimated abundance of the good things of this life. There are not half as many deranged people in the Western States as in New-England, in proportion to the population. One general principle explains these varying conditions. New-England is thickly settled; its soil is sterile; its winters long and dreary, and the competition for bread is ceaseless and terrific; the mind frets at the long winter's inaction; it is like a caged lion; it beats unavailingly against its prison bars, and wastes itself in castle building and "vain thoughts." To be without money is to be without bread in New-England; in the sunny South and in the broad fields of the blooming West the people "take trust for pay," and can live for years on confidence and credit, and a fear for to-morrow's bread never enters the imagination. Ohio is a fertile State, but thickly settled; the two antagonize each other to some extent, so that the number of her lunatics is half-way between those of New-England and the West. Therefore, divert the mind in time of trouble; don't brood over misfortunes, nor indulge in melancholy meditations; gloat not over gold; never allow your reflections to become inseparable from any one subject. When you find that you "can't sleep" from the mind running on a particular subject, remember that you are rapidly preparing for the mad-house, and in proportion as any one idea absorbs the brain, in such proportion are you courting insanity. Cultivate a cheerful, an uncomplaining, a genial frame of mind. Look on the bright side of things; take hold of the smooth handle; and above all be moderately busy to the last day of life in something agreeable and useful to yourself and others.

CORRECTING CHILDREN.

Not long ago an editor in the northern part of the State of New-York, told his son, about eleven years old, that he would whip him in the course of a few hours, and locked him in an upper room until he had leisure to do so. When the boy heard the father coming, he became so alarmed that he jumped out of the window and broke his neck.

About a year ago a mother punished her little daughter, of eight years, by shutting her up in a dark closet; the child became so frightened that convulsions were induced, which resulted in death. In another case of a similar character, the result was still more calamitous, for the child became epileptic, and so remained for a long life afterward.

The object of parental correction should be the ultimate good of the child; and to make it effective,

1. The character of the punishment should be according to the disposition and temperament of the child.

2. The punishment should be in proportion to the nature of the offense.

3. The punishment should be inflicted with the utmost self-possession; for if done in a towering passion it takes the character of revenge; the child sees it and resists it with defiance, stubbornness, or with a feeling of being the injured or oppressed party.

4. Punishment should never be threatened, for one of two results, both unfortunate, are certain: the promise will not be kept and the child loses confidence in parental assertions; or the child's mind, dwelling upon what is expected, suffers a lengthened torture, imagination always aggravating the severity of the chastisement, and the child gradually learns to startle at every event which is at all likely to usher in the correction, and the foundation is laid for that fearfulness of the future which is the bane of all human happiness; and in some cases the severity of the expected suffering looms up so largely under the influence of a distempered imagination, that, as in the case of the editor's child, suicide is considered the lesser evil. It is nothing less than a savage barbarity for any parent to hold the mind of a child in a state of terrorism for a single hour, let alone for days and weeks.

5. Never correct a child by scolding, admonition, or castigation in the presence of any other person whatever. It is an attack on its self-esteem which provokes resistance and passion. Let grown persons recollect how ill they bear even deserved reproof in the presence of others.

6. Never punish a child twice for any one offense; it is a great injustice, a relic of barbarism, and always either discourages or hardens. Make each settlement final in itself, and don't be forever harping on what is past.

7. Punishment should not be inflicted in any case without placing clearly before the child's mind the nature of the aggravation, and that the sole design of the chastisement or reproof is his present and future welfare.

8. In all cases where punishment is decided upon, it should be prompt, or deferred, according to the degree of aggravation or palpable wrong. It is almost always better to defer; but in such cases threaten nothing, say nothing, do nothing which indicates in the slightest degree that any thing is to come. And when the time does come, do not alarm the child with any show of preparation, but gradually and affectionately bring up the whole matter; place it in its true, just, and clear light, and act accordingly; and always, as much as possible, appeal to the child's conscience, to its sense of right, to its magnanimity, to its benevolence toward men, and its gratitude toward God.

CONVENIENT KNOWLEDGE.

MUTTON can be produced more cheaply than any other meat, and yet it is quite as nutritious as beef, while it has not so much waste. Pugilists as often "train" on mutton as on beef.

A CELLAR which opens inside a dwelling should be kept as faultlessly clean all the year round as any other part of the house, because its atmosphere is constantly ascending, and impregnates every room in the house with its own odors. In reality, there ought not to be any cellar under any dwelling.

SQUEAKING boots or shoes are a great annoyance, especially in entering a sick-room, or a church after the services have commenced; the remedy is, to boil linseed oil and saturate the soles with the same.

NEURALGIA of the severest character is sometimes removed by painting the parts two or three times a day with a mixture composed of half an ounce of the Tincture of Iodine, and half a drachm of the Sulphate of Morphine.

LINIMENT. One of the most powerful liniments for the relief of severe pain, is made of equal quantities of spirits of hartshorn, sweet oil, and chloroform; dip into this a piece of cotton cloth doubled, about the size of a silver dollar, lay it on the spot, hold a handkerchief over the spot, so as to confine the fumes, and the pain immediately disappears. Do not let it remain on over a minute. Shake it well just before using, and keep the bottle very closely stopped.

CHEMICAL AGENCIES. If a single drop of sweet oil comes in contact with half an ounce of the chloride of nitrogen, it would explode with such power as to shiver a house to atoms.

THE highest wave does not exceed twenty feet, and a man may easily "ride them"—and thus prevent himself from drowning—by throwing himself on his back, just keeping his nose above water, and joining his hands under the water.

DENTISTRY. It is becoming fashionable to have teeth extracted while the person is in a state of insensibility, caused by inhaling nitrous oxide gas, commonly known as "laughing gas." When first discovered it was used freely, but in some cases dangerous results followed, as testified to by Sir Humphry Davy, Professor Silliman, Pereira, Berzelius, Ayston, and others. But from the fact that no such ill results have been observed for many years past, although it has been taken by scores of thousands, it may be reasonably concluded that a purer quality is now prepared, and that its administration is safe.

FOOD. The most easily digested articles of food as yet known, are sweet apples baked, cold raw cabbage sliced in vinegar, and boiled rice; the most indigestible are suet, boiled cabbage, and pork; the former requires an hour, the latter five.

IN THE MIND.

AN old man was shaving himself one day before the fire, but suddenly exclaimed in a great rage to the maid-servant: "I can't shave without a glass! why is it not here?" "Oh!" said the girl, "I have not placed it there for many weeks, as you seemed to get along quite as well without it." The crusty old bachelor (of course he was an old bachelor, or he would not have been so crotchety and crusty) had, for the first time, observed that there was no glass there, and his inability to shave without one, was "in the mind" only, it was imaginary.

A Dutch farmer, who measured a yard through, was one day working in the harvest-field with his little son, and was bitten by a snake. He was horror-struck. When he recovered himself a little, he snatched up his outer clothing, and made tracks for home, at the same time busying himself in putting on his vest; but it wouldn't go on. He looked at his arm, and it seemed to be double its natural size; but tugging at it with greater desperation, he finally got both arms in. But his blood fairly froze in his veins, when he discovered it wouldn't meet by about a foot. By this time he had reached his house, and throwing himself on the bed, exclaimed in an agony of terror: "O mine frow! I'm snake bite! I'm killed! O mine Cot!" But his little bit of a wife, standing a-kinbo in the middle of the floor, burst out into a fit of laughter so uncontrollable, that she was likely to suffocate, and thus beat her husband in dying. The poor man, in his alarm, had endeavored to put on his little boy's vest, and was not swollen at all, except "in the mind."

Many a mother feels fretted and jaded and worn out with the cares of housekeeping, and is almost sick. But at the moment a welcome visitor comes in, full of life and cordiality and cheeriness, in less than five minutes that mother is a different woman; the sky has cleared; the face is lighted up with smiles; and she feels as well as she ever did in her life. Her discouragement, her almost sickness was *not* "in the mind," it was a reality, but the excitement of conversation drove out the wearying blood, which was oppressing the heart, and made it fairly tingle to the finger-points. Mem. Ladies! when you go a visiting, carry smiles and gladness and a joyous nature and a kind heart with you, and you will do more good than a dozen doctors. Most persons have a variety of uncomfortable feelings at times, but they disappear on some exciting occurrence, not because they are merely "in the mind," only imaginary, but because the excited heart wakes up to a new propulsive power, and drives forward the stagnating blood from points where its sluggishness was producing oppression, or actual pain. Mem. 2d. For all, when you are grumpy, bounce up, go ahead, and do something.

CHARMS.

EVEN in these late ages the horse-shoe is not unfrequently seen nailed over the door of the cabin or cottage, to "charm" away misfortune, or to "keep off" disease. There are intelligent men who have carried a buckeye in their "unmentionable" pockets for years, to "keep off" piles! Children can be found at school, any day, with little bags of brimstone attached to their necks by a string, to "keep off" some particular malady. There are many young gentlemen and ladies who have half a dozen "charms" attached to their watch-chains, it being a remnant of the ancient superstition. We give a pitying smile at the mention of these absurdities, for we know them to be unavailing. But there are "charms" against human ills which are powerful to save from physical, mental, and moral calamity!

Bearing about in one's heart the sweet memories of a mother's care, and affection, and fidelity, often has a resistless power, for many a year after that dear mother has found her resting-place in heaven, to restrain the wayward and the unsettled from rushing into the ways of wicked and abandoned men. John Randolph, of Roanoke, used to repeat in his later years, and always with quivering lips, that while he was quite a young man, in Paris, he was repeatedly on the point of plunging recklessly into the French infidelity which was so prevalent during the terrible "Revolution" of the time; but was as often restrained by the remembrance of that far-distant time, when yet in his infancy, his mother used to have him bend his knees before her, and, with his little hands in hers, taught him in sweet but tremulous tones to say nightly, "Our Father, who art," etc.

A Scotch mother, when her son, a lad of sixteen, was just about leaving for America, and she had no hope that she should ever meet him again, said to him: "Promise me, my son, that you will always respect the Sabbath day." "I will," said he. His first employer in New-York dismissed him because he refused to work on Sunday. But he soon found other employment, and is now a very rich man, an exemplary Christian, and an influential citizen.

Tens of thousands are there in this wide land who, by the "charm" of the temperance pledge, have gone out into the world, singly and alone, to battle with its snares, and temptations, and sin; they have been surrounded at every step by the great tempter, with the allurements of passion and pride; of sensual gratifications and of corrupting associations; but keeping their eye steadily fixed on the beautiful "pledge," to "touch not, taste not" the accursed thing, they have bravely come off conquerors, and to day stand in their might the pillars of society. Young gentlemen, and young ladies, too, make it your ambition to bear about with you "always" the "charm" of the "pledge" of reverence for the Sabbath-day and the holy memories of a sainted mother's religious teachings, and you will pass safely to a ripe old age of happiness and health.

CURIOSITIES OF EATING.

AN old beau, formerly well known in Washington City, was accustomed to eat but one meal in twenty-four hours; if, after this, he had to go to a party and take a second dinner, he ate nothing at all next day. He died at the age of seventy years.

A lady of culture, refinement, and unusual powers of observation and comparison, became a widow. Reduced from affluence to poverty, with a large family of small children dependent on her manual labor for daily food, she made a variety of experiments to ascertain what articles could be purchased for the least money, and would, at the same time, "go the farthest," by keeping her children longest from crying for something to eat. She soon discovered that when they ate buckwheat cakes and molasses, they were quiet for a longer time than after eating any other kind of food.

A distinguished Judge of the United States District Court observed that, when he took buckwheat cakes for breakfast, he could sit on the bench the whole day without being uncomfortably hungry; if the cakes were omitted, he felt obliged to take a lunch about noon. Buckwheat cakes are a universal favorite at the winter breakfast-table, and scientific investigation and analysis has shown that they abound in the heat-forming principle, hence Nature takes away our appetite for them in summer.

During the Irish famine, when many died of hunger, the poor were often found spending their last shilling for tea and tobacco and spirits. It has also been often observed in New-York, by those connected with charitable institutions, that when money was paid to the poor, they often laid out every cent in tea or coffee, instead of procuring the more substantial food, such as meal, and flour, and potatoes. On being reproved for this apparent extravagance and improvidence, the reply, in both cases, was identical; their own observation had shown them that a penny's worth of tea, or tobacco, or liquor, would keep off the sense of hunger longer than a penny's worth of any thing else. Scientific men express the idea by saying, "Tea, like alcohol, retards the metamorphosis of the tissues;" in other words, it gives fuel to the flame of life, and thus prevents it from consuming the fat and flesh of the body.

If a person gets into the habit of taking a lunch between breakfast and dinner, he will very soon find himself getting faint about the regular luncheon-time; but let him be so pressed with important engagements for several days in succession as to take nothing between meals, it will not be long before he can dispense with his lunch altogether. These things seem to show that, to a certain extent, eating often, is a mere matter of habit. Whole tribes of Indian hunters and trappers have been known to eat but once in twenty-four hours, and that at night.

MIND AND BODY.

THE influence which the mind has in causing, aggravating, and protracting disease, is too constantly lost sight of, by all classes of physicians. Every body recommends exercise as a means of preserving and regaining health. But to ride a certain length of time, or to walk a specified distance "for the health," merely for the sake of the health, is almost useless, and is a penance; but if there is the accompaniment of an agreeable associate or an exhilarating motive, one which lifts up the mind and absorbs it for the time being, so as to make it wholly forgetful of the bodily condition, as the radical object of the exercise, this is health giving; its effects are always magical, on mind and body and blood.

Dwelling on trouble; remorse for lost opportunities; the hugging of sharp-pointed memories; moping over the slights of friends; feeding on exaggerations of the hardness of our lot, and grieving vainly for unrequited love, all these are known the world over, as being capable of bringing on slow and painful and fatal diseases. But it is not so well understood that great mental emotion sometimes causes maladies which prove fatal in a few days; such maladies as are induced by great physical exposures. It was recently announced that a distinguished French advocate was so excited and exhausted by one of his professional efforts, as to superinduce an attack of pneumonia, (lung fever or inflammation of the lungs,) of which he died in a few days. Three young ladies were riding in a carriage in St. Louis; the horses ran away; two of the riders escaped from the vehicle, while the third sat still, as composedly as if nothing unusual had taken place; all were astonished at her "presence of mind." After she reached her home, she informed her friends that she remained still because the shock, the feeling of horror was such, that she was per force, as immovable as marble; the reaction was such as to cause an inflammation of the bowels, which nothing could remove, and of which she died in a few days. These facts, with thousands of others like them, prove beyond all cavil, that the mind may be a cause of disease; and the inference is clear, that the states of the mind should be watched. We should guard against cherishing depressing feelings; and with as much care, should habituate ourselves to self-control; to the habit of looking at every thing of a stirring or harrowing character with a calm courage; we should strive at all times for that valuable characteristic, "presence of mind," under all circumstances; for we are every day in great need of it; it is in many cases, a literal "life-preserver."

BREAD.

CONSIDERING that not one hired cook in a thousand makes good bread, it is more healthful to use baker's bread, and is also more economical for small families. Baker's bread is always good, fresh, and light, hence there is no waste. To prevent waste where home-made bread is used, it being so often heavy, hard, burnt, or sour, it is made into toast, or bread pudding, which requires so much sweetening and butter and spices that the "saving" is all lost. An intelligent and observant writer states in that excellent monthly, the *American Agriculturist*, that his family of five persons paid out in one year for

		Another year.	
Meats,.....	\$95 68	Meats,.....	\$84 76
Flour, 5 barrels,.....	46 25	Bread, 451 loaves, 5c.,.....	61 30
Butter, 22½c.,	65 81	Butter,.....	56 81
Total,.....	\$207 74	Total,.....	\$202 87
Flour and butter,.....	\$112 06	Bread and butter,.....	\$118 11

The bread cost more, but the butter less, and less meat was eaten, to say nothing of the fuel, time, milk, salt, rising, etc. saved by using baker's bread; then, there is the comfort of having good bread always on the table, and the absence of that annoyance which an intelligent mind always experiences when compelled to eat unwholesome food. The amount of injury done to the tender stomachs of young children, invalids, and sedentary persons, by eating bad bread day after day, from one year's end to another, must be enormous. A cook who can not make good bread of every description, ought not to be allowed house-room for an hour; and that mother is criminally negligent, whatever may be her position, who does not teach her daughter to know what good bread is; and also how to make it. Alum is used to give whiteness, softness, and capacity for retaining moisture. Lime could be employed with equal effect, having the advantage of correcting any sourness in the bread or stomach; besides affording an important ingredient for making the bones strong. Every housekeeper ought to know how to make two or three kinds of bread. The best yeast in the world is made of hops and cold water, nothing else. If lime-water is used, it should be water saturated with lime, that is, holding as much lime as it can; if it has for a moment more, it goes to the bottom, as sugar in a tea-cup, when the tea can be made no sweeter. Use nineteen pounds of flour and five pounds of saturated lime-water made thus: Put stones of quick lime in water, stir until slack, let it settle and then pour off. Soda (an alkali made of sea-salt) and saleratus (an alkali made of wood ashes) are used for the self-same purpose, to neutralize any sourness in the bread; one is in no respect better than the other; but as cooking soda is the cheapest, it is an economy to prefer it.

JOHNNY CAKE.—To two quarts of Indian (corn meal) add a tea-spoonful of salt and as much cold water as will make a soft dough; bake one hour, eat hot, with milk. Stir cold water into unsifted wheat meal until a not very soft batter is made, put into small patty-pans, bake in a hot oven half an hour or more.

RAISED BISCUIT.—A pint of light dough, a fresh egg and its bulk of fresh butter. Knead most thoroughly for ten minutes; roll out and let them rise on a shallow pan, in a moderately warm place for half an hour; bake for twelve or fifteen minutes in a hot oven; to be eaten while fresh. The two most important requisites for making good bread are a most patient and thorough kneading and a hot oven, kept steadily hot, until the baking is completed.

PATENT FLOUR is made of the following drugs: With six pounds of wheat flour mix five tea-spoonfuls of cooking-soda, then seven of cream of tartar and six of common salt. Shorten or not with a quarter of a pound of butter.

M E M O R I E S .

"ALL men think all men mortal but themselves." Every man goes on the presumption that he at least, whatever may be the fate of the friends of his own age, will live to become an old man; and taking it for granted that such will prove to be the fact, the very commonest capacity ought to feel the importance and see the wisdom of so living, that when that old age does come, it shall be one of physical comfort and mental repose; that, in short, it shall be an old age, genial, joyous, and gleesome. Regular, temperate, and industrious habits from youth through mature years will, with the utmost certainty, give health and vigor to gray hairs, without pain or sickness or premature wasting. But at three-score and ten, the step may be still firm, the eye bright, the intellect vigorous, digestion good, and all the tastes, appetites, propensities, and appreciations still keen and enjoyable; but in that bright eye there is no merry twinkle; in that yet ruddy face there is no index of a genial heart within; the voice, still strong, does not express itself in sympathetic benevolences; and the hands are all unused to deeds of love and kindness to the unfortunate and the poor; and, in addition, there is a hardness of sentiment and manner and conduct, which prove, beyond contradiction, that within that bosom there is not one ray of pure joy, not one thrill of unalloyed delight. And why? All the energies, from youth to age, had been expended in securing food for the body, as if human existence were only to eat and drink and die. No provision had been made for the aliment of the mind and heart, as if they needed nothing but to gloat over hoarded gold. But in amassing that treasure, injustices were done; wrongs had been perpetrated; deceits had been practiced; advantages had been taken of brother-strugglers in the race for life. It had altogether been forgotten that the heart of age fed best, and flourished green and shiny, on the sweet memories of good deeds done, of kind acts performed by favoring the poor, aiding the weak, assisting the unfortunate, helping up the fallen, encouraging the despondent, counseling the ignorant, steadying the wayward, warning the reckless, and being a brother, forbearing, loving, considerate, toward all, as the representatives of a common Father in heaven and the Saviour of man, and failing thus to do "to one of these little ones," they had shown themselves unwilling to do it to the Infinite, who made, preserved, and redeemed them; thus, when age comes, the heart has nothing to live upon, the busy memories, sharp-pricking, go back to clouds instead of sunshine, and the man feels, as did that great but perverted intellect,

"The flowers, the fruits are gone;
The worm, the canker, and the grief
Are mine alone!"

But let a man feel that the truest way of living for himself is to live for others; that the best way to serve his Maker is to "make it his meat and his drink," his highest aim, to benefit and bless mankind habitually, by such acts of kindness and charity as it is in his power to perform, consistent with the other duties of life; then the earthly pilgrimage will have a very different ending; for as he enters upon immortal scenes, he exclaims, not in the despairing language of Lord Byron, but in the exultant expressions of one quite as highly born as the English nobleman, of talents quite as commanding, and, in the learning of his time, very far superior: "The time of my departure is at hand; I have fought a good fight, I have finished my course, I have kept the faith; henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous Judge, shall give me at that day; and not to me only, but unto all them also that love his appearing."

EMANATIONS.

PHILOSOPHERS have said that light and heat are ponderable bodies, and that although these have been coming out from the sun for six thousand years, that immense illuminary has not appreciably diminished in size.

The sweetest rose of the beautiful May throws out its delightful fragrance from the first flush of the spring morning until dewy eve, and remains as sweet as ever and quite as large.

The face and air of beauty charmed a thousand hearts yesterday; a thousand more feed upon it to-day, and other thousands of eyes will look upon it to-morrow with a lingering rapture, and the next day it will be not less beautiful than it was a week ago.

Influences go out hourly from the wise and good, and as years roll on these influences gather force, while the wise become wiser, and the good better, hour by hour.

So with business men of integrity, of sterling and tried principles, they throw out an influence from themselves which is a power for good in every community, to restrain the wrong-doer, and awe villainy.

All these are "emanations," influences; material, moral, social; there are also "emanations" malign.

In an autumn morning of the sunny South, or amid the flower-clad prairies of the wide-spreading West, or on the shores of our own Northern lakes and inland seas and crystal flowing streams from among the mountains, as delicious as the still air is, it is more so in the cool of the evening after the sun has gone down from the sky; and yet that balmy atmosphere is so loaded with miasmatic poison that it breeds disease and pestilence and death in a night; it will do the same on successive nights, to one or a million of human beings, without any appreciable diminution in either the amount or malignity of its venom; and so ethereal is it that no alembic of the chemist has ever been able to detect its presence, even to the amount of a single atom.

The very sight of filth and squalor and rags, of a victim of the horrifying small-pox, of the wretch whose whole body is a mass of festering corruption—any of these fill the most transient observer with unutterable disgust.

Proximity to moral worth, to maiden purity, to virtuous womanhood, to high Christian character, as infallibly elevate, ennoble, and sanctify, as associations with lawlessness, bestiality, and crime, degrade and ruin and destroy.

If then we desire that emanations should go out from us fairly loaded with influences and powers which are healthful, beautiful, elevating, and benign, we must be clean in person, as well as pure in heart; we must strive to be as faultless in dress as we desire to be engaging in manner; we must bring to our assistance all the aids of taste and art in order to present to the world as far as possible a comely and perfect physique; just as reason and grace are summoned to help us attain a high moral and religious character. In plainer phrase, if your clothes are dirty, wash them, or stay at home; if they are ragged, patch them, or keep out of the street; if you are deformed, employ a tailor or dressmaker of genius; if you have lost a limb, get a Palmer leg; if you have a snagged tooth, consult Allen of Bond street, for comeliness is a duty as much as health, and so is religion!

EATING ECONOMICALLY.

ONE of the good results of the existing civil war will be to inaugurate habits of economy throughout every department of social and domestic life, which will save millions of money every year, so that, in spite of increased taxation, multitudes of careful, thrifty families will be quite as well off as to money matters, as they would have been had there been no war, while, at the same time, they will have acquired a higher moral and social character than they had before, because economy implies carefulness and self-denial, and these are certainly elevating, as we know that waste and self-indulgence degrade, and in the end brutalize as to the appetites and propensities. This is not all. Waste brings want, and want obtunds the moral sense, so that in time it will not only tempt to take mean advantages in business, but next to borrow money, with a consciousness of having no specific means of returning the same; a little later comes deliberate fraud, theft, and robbery outright. To aid the reader in the practice of such high and necessary virtues as carefulness, economy, and a manly self-denial, let a few lessons be taken from an older, more experienced, and wiser nation—the French. The first step for a family to take, especially in New-York, in summer, and in all families where there are no servants, and consequently no need of “keeping up” a kitchen-fire, is to purchase some cooking-lamp for oil or gas, Fish’s patent, for example, by which a good meal can be prepared for half a dozen persons for a single cent, this alone will save the price of one or two tons of coal in a year. The older nations do not take any meat for the first meal in the day, we mean the better classes, and those who live mainly in-doors. *Bentley’s Miscellany* says of the richer classes of French, that they make an early breakfast of coffee, taking no meat until about noon. They cook no more for one day than lasts that day; and any observant housewife will soon learn how much will be eaten; but if any thing is left over for to-day, less is purchased to-morrow, for waste is not allowed; this saves the wickedness of trying to “eat up” the leavings of the current day. Close observation has shown that, at this time, a French family, in Paris, of three or four persons, with two servants, can live really well, with good management, including ordinary wine, kitchen fuel, and all supplementary expenses for food, for about nine English shillings a day. Outside of Paris, it certainly does not exceed six shillings a day for six persons, or one dollar and a half. This would be a healthier and happier land by far, if parents would make a systematic effort to impress on the minds of their children that waste is an unmitigated wickedness, and that economy is one of the higher virtues, albeit a good many of our children and wives consider it “mean,” and are absolutely ashamed that their unprincipled and cribbing servants should think they were trying to economize. Millions of money could be saved every year, if the larger cities of this country could adopt the plan of many Europeans, have no cooking done in the house, except for making a cup of tea or coffee, toasting bread, and boiling a potato, all of which a lamp can do, having other things prepared at the public cookeries. In other words, have dinner prepared outside, to be kept on the table “smoking hot,” if desired, by means of little lamps. This plan works well abroad, could be made to work acceptably here and would save a large per centage of the cost of housekeeping.

THE FAITHLESS PHYSICIAN.

On Saturday the eighth day of October, 1864, a rich man was taken to his grave from the city of New York, where, by a life of industry, temperance, economy, and the exercise of a sound judgment, he had acquired a large estate; not suddenly, but in the progress of thirty years. From some obscure cause, he became a great sufferer from general neuralgia. A physician was called, but in the progress of weeks, did not afford the invalid that speedy and decided relief, which he and his friends so much desired. He wanted more potential remedies, and was not willing to submit to those restraints to system and rule in living, which the experience of years had taught his medical attendant were of the highest value ultimately. Another physician was called in, who advised a different course of procedure. He said the man needed strength and flesh and vigor; that these could only be secured by a generous diet and a liberal allowance of stimulants at every meal. Roast beef and the best brandy were regularly provided: the neuralgia was steadily abating and a speedy restoration was looked for. Still, days passed on, and gentlemen calling at his counting house were informed that, The Head of the firm was "out of town." This answered very well for a while, but a gentleman who had large business engagements with the invalid, found it absolutely necessary to save a ruinous loss, to have a personal interview; after a variety of obstacles were overcome the rich man was found at his own home in the city, the victim of the most fearful form of Delirium Tremens. Brandy had given relief; but it was soon found that unless it was administered more frequently, and in larger quantities the pains would return, hence there was an unbridled indulgence in the remedy, the result being, that at the end of a few weeks, it was found necessary to keep the patient always under the influence of liquor, that is, always drunk; at length however, the outraged stomach refused to retain the fiery stimulant a single moment, while for want of it a raving delirium sat in, ending in unconsciousness and death, before the business could be consummated by his intelligent signature. Here was a man who, temperate all his life, had died a drunkard's death as the result of an unwise medical prescription, the fashionable and almost universal prescription of a certain class of so called "Doctors," of "Bourbon Whiskey;" and there are thousands of deluded persons of every age and sex, especially in New England, on the same road to ruin. A few years ago, cod liver oil was given for everything; now it is Brandy. Shame on the medical colleges of the land, which send out annually so many incompetent and unprincipled graduates.

BALM OF GILEAD.

„A NEW DISPENSARY.”—To “poor white folks,” and folks of every color, caste, and condition; to strangers who may be in New-York on any Sunday, who have no acquaintances, no friends, no money, nor any thing; to those who are kept here, expecting a remittance, which comes never; to all such who would like to “go to meeting,” without the chance of having to stand half an hour, waiting for some slow or impertinent sexton to show him a seat up in the gallery, or under the gallery, on hard boards and without books; or that other chance, if placed in an eligible pew, of being invited out two or three times in the course of the service; or the still other chance of walking a mile or two up-town, on a scorching day, in search of an open church, without finding one, as if there were no religion in “dog-days,” and the “old boy” had ceased hostilities for a spell, or was “out of town;” to all such it may be comforting to know that an elegant house of religious worship has been erected opposite the Fourteenth street front of the Academy of Music, where the Gospel is preached “without money and without price;” absolutely free to all; every pew-door is hewn away; and any unoccupied seat is as much yours as any millionaire’s in the land; nobody has a right to bow you out of it. Services are held at half-past ten o’clock on Sunday mornings, and at half-past seven, Sunday and Wednesday nights, the year round; also on Sunday afternoons, at about four in summer, and three in winter. Every pew is plentifully supplied with books, in large print and small, with cushioned seats, and stools, and carpeted floor; it is the coolest, best lighted, and best ventilated church we have seen in this city, for its size and object.

Blessing and honor be to the hearts which devised, and to the purses that caused to be executed, the enterprise on Fourteenth street, near Irving Place. Now let some of our rich city subscribers complete the work, by founding a sextonship and a pastorship; and let their names be graven on the portals of the church, to be lisped with grateful memories by the poor, the friendless, and the stranger, for all time to come. And thus will the great and liberal city of New-York, while she has a number of medical “Dispensaries,” where the penniless can have all the medicines they need for themselves and families, merely for the asking, may have at least one spiritual dispensary, where remedies for a mind diseased are administered absolutely free; where the struggling children of poverty may be fed with “the bread which cometh down from heaven,” and drink from that fountain opened in the side of Him who bled on Calvary; where there will be found “a balm for every wound, a cordial for every fear;” and where the forsaken and the despondent, the weary and the struggling, may find and feel that there is one to be heard of who “sticketh closer than a brother,” and that on application to Him for relief, adapted to their various situations, they “shall in no wise be cast out.”

STUDIO.

WHERE TO STUDY.—The air of a cellar is close, damp, musty, and vitiated; that of the house-top is clear, pure, and bracing. On the surface of the earth the atmosphere is cold, raw, and impure; on the mountains it is dry, rarified, and health-giving. The purer the air is, the more life does it impart to the blood, the more perfectly is the brain nourished, and the more vigorously does the mind work and the body move. Hence the “study” of the clergyman, the “office” of the physician and the lawyer, the “library” of the family, the “sitting-room” of the household, and the “chamber” of every sleeper, should always be in the upper stories, not merely for the greater purity of the air, but for a reason seldom thought of, and yet of very great sanitary value. The higher we ascend, the more rarified is the air, the greater bulk is required to impart a given amount of nourishment to the system; this greater rarity excites the instinct of our nature to deeper, fuller breathing, without any effort on our part, and this kind of breathing, as the reflecting must know, is antagonistic of consumption, that fell scourge of civilized society, which destroys full one sixth of the adult population. Hence the very suggestive remark of the distinguished naturalist Buffon: “All animals inhabiting high altitudes have larger lungs and more capacious chests than those which live in the valleys.” In the same direction is the suggestive statement that in the city of Mexico, situated nine thousand feet above the level of the sea, of one hundred dying annually, only three are from consumption; while in our larger cities, but a few feet above the level of the sea, eighteen out of every hundred dead, perish from that disease. It should, therefore, be the aim of every student, of every sedentary person, of every invalid, to have the room in which a very large portion of the inactive part of life is spent, as far above the ground-floor as practicable, and in such a situation as will allow the sun to shine into it for the largest portion of each day, for this rarifies the air still more, and still more aids in developing and expanding the lungs by the greater depth and fullness of breathing which the increased atmospheric rarity induces.

WEATHER AND WEALTH.

"WHAT has the weather to do with business?" was the reply of a cheery-faced and successful business man, to the inquiry: "Are you out such a day as this?" Such an hour of sleet and storm and angry howling winds is seldom seen in these latitudes. It was approaching three o'clock, and the bank account had to be made right, or financial ruin would have been the result. Suppose the storm had been ten times more tempestuous, the wind ten times more boisterous, the cold twenty degrees below zero, the City Hall clock would have struck three just as soon, and the bank notary would not have delayed one second later to have written the fatal word, "protested;" for business knows no law but that of promptitude; it knows no excuse; death even is no apology for the failure to meet a bank engagement. He who will succeed in making a fortune in a large city, must meet his engagements in all weathers.

It is precisely so in relation to health and disease. Moderate, daily exercise in the open air, with a cheerful spirit and an encouraging remuneration, is worth a thousand times more than all the remedies in the *materia medica* for the removal of ordinary ailments, when conjoined with temperance and cleanliness. But the same principle must be applied as in the successful prosecution of business. The exercise must be performed regardless of the weather. Not that exercise in bad weather is especially promotive to health; it is not as favorable to that end as good weather. But if exercise is needed at all, it is not the less necessary because it is raining, or very cold, or unendurably hot. If a man is hungry, he is not the less hungry because he can get nothing to eat. The necessity for exercise as a means of health is abiding; what makes the rule imperative, "Go out in all weathers" is, that we eat in all weathers; and if we exercise only when the weather is perfectly suitable, half the time would be lost in our changing climate. But the very energy and moral courage which enables a man to take out-door exercise, regardless of the weather, is of itself a potent means for the cure even of serious diseases.

The man who offers bad weather as an excuse for not going and paying a debt, will never succeed in business; nor will he get well, who, for that reason, fails to take his daily exercise, when it is an indispensable means of cure. It is precisely the same in religion; he who is swift to offer bad weather as an excuse for being absent from the worship of the great congregation on the Sabbath-day, or from other properly appointed "means of grace," never did make an efficient church member, will have nothing "added" in his napkin at the great accounting day! It is the man who is faithful to his duty, always, "regardless of the weather," or any thing else, who will hear the glad greeting from the Heavenly Judge, "WELL DONE!"

APOPLEXY

MEANS "stricken from;" a description given by the Greeks, under the feeling ~~that~~ it was of unearthly origin. The person falls down as if suddenly struck with death. There is neither thought, feeling, nor voluntary motion. There is no sign of life, except that of deep heavy breathing. It comes on with the suddenness of the lightning's flash, and with as little premonition. A common fainting fit occurs suddenly, but there is no breathing, no pulse, and the face is pale and shrunk. In apoplexy, if the person is not really dead, the face is flushed, the breathing loud, and the pulse full and strong, usually. In mild attacks, a person is found in bed of a morning apparently in a sound sleep; but if so, he can be easily waked up. In apoplexy no amount of shaking makes any impression. The earliest Greek writers described apoplexy with a minute accuracy, which has scarcely been exceeded since, showing that it is a malady belonging to all time. To pass from apparent perfect health to instant death on entering one's own dwelling, or sitting down to the family table, or while at the happy fireside, in the loving interchange of affectionate offices, strikes us as being perfectly terrible. But the terror belongs to the witnesses; the victim is as perfectly destitute of thought, feeling, sensation, and consciousness, for the time being, as if the head had been taken off by a cannon-ball. In many cases, after lying for hours and even days in a state of perfect insensibility, the patient wakes up as if from an uneasy sleep or dream; but often, as many sadly know, there is no return to life again. The essential nature of the disease seems to be such an excess of blood in the brain that its appropriate vessels or channels can not contain it, and it is "extravasated," let out, upon the substance of the brain itself, and thus arrests the functions of life. Persons with short neck, who are "thick-set," corpulent, are almost the sole actual subjects of apoplexy, when not induced by falls, blows, shocks, and over-doses of certain drugs. Apoplexy is an avoidable disease, except in some cases of accidents, which we can neither foresee nor prevent; it is, essentially, too much blood in the brain. This blood is either sent there too rapidly, or, when there, is detained in some unnatural manner, the essential effect being the same. Whatever "excites the brain" does so by sending an unnatural amount of blood there; such as intense and long thought on one subject, all kinds of liquors; any drink containing alcohol, whether ale, beer, cider, wine, or brandy, excites the brain and endangers apoplexy. So will a hearty meal, especially if alcoholic drinks are taken at the same time; going to bed soon after eating heartily, sleeping on the back, if corpulent, may bring on an attack any night; so will a hot bath, so will a cold bath soon after eating. The ultimate effects of all opiates are to *detain* the blood in the brain, while the things just mentioned send it there in excess. The great preventives are warm feet, regular daily bodily habits, eating nothing later than three o'clock P.M., and the avoidance of opiates, tobacco, and all that can intoxicate. In case of an attack send for a physician. Meanwhile, put the feet in *hot* water, and envelop the head with *cold*; ice is still better. It is safer to live in a hilly than level country, in town than country. Winter is more dangerous than summer. The liability increases rapidly after forty years of age, greatest at sixty, when it gradually diminishes. Statistics seem to show that the most dangerous years are FORTY-EIGHT, FIFTY-EIGHT, SIXTY-SIX, while *forty-six* and *forty-nine* are almost exempt. The well-to-do are more liable than the laboring. Sudden changes of weather promote attacks. Let the liable, especially, live in reference to these well-established facts.

THE STOMACH'S APPEAL.

Who but an idiot or some unprincipled servant or recklessly wasteful spendthrift would think of building as large fires in their houses in the April spring-time as in bleak December? And yet ladies and gentlemen, statesmen, philosophers, and scholars of every grade; the judge, the senator, the lawyer, and the clergyman, all commit the more unpardonable folly, unpardonable because it is against light and in favor of the lower instincts and propensities, of not only eating as much as the appetite demands, but of "taking something" to stimulate that appetite to call for more than nature really needs, as the warm weather approaches. The two objects of eating as to men and women are to give vigor to the body and to keep it warm; hence all food contains two principles in greater or less proportions, according to its quality—to wit, nutrition and warmth. We need nourishment all the year round, hence we must all the year round eat food which contains nourishment, that is, the flesh forming principal; but in warm weather the food which contains the most mere fuel, should be to a certain extent curtailed, otherwise we will create too much heat within us, and that is fever, whose victims are counted by millions every year, this excess of heat, this fever being generated by eating food which contains more warmth, more fuel, called carbon by chemists, than the season of the year requires. To a certain extent nature regulates the demand and supply by diminishing the appetite as the warm weather approaches; but many misinterpret her endeavors, and because they find that as the spring comes on their appetites are not as vigorous as they were a few weeks earlier, begin to take alarm, think they are going to get sick, and conclude they certainly will get sick, unless they can get up the appetite of kind winter; hence they begin to take Dutch gin, under the name of Schiedam schnapps, plantation bitters, or cheap whisky, with just enough of colombo root or any other bitter to give it "a trace" of bitter and rob it of the name of "rot-gut" or dirty beer, or ale, or porter, all these things tending to cheat nature into a call for more food than she requires, to impose on the stomach more labor than it can perform, hence laying the ground for summer fevers and dyspepsias, which bring death to thousands every year who might have lived to a good old age had they simply let themselves alone, and like any other dogs or donkeys, or wild beasts, had simply given the stomach rest, and waited for an appetite. The general lessons for the spring are, eat only when you are hungry, and to the extent of satisfying an unstimulated appetite; eat less of carbonaceous food, such as meats, fats, oils, syrups, etc., and more of cooling articles, such as green salads, vegetables, berries, fruits, and whatever has a natural tartness or acidity, there being little or no carbon or heat in them; but they contain as much nutriment as the system requires.

HOUSEHOLD KNOWLEDGE.

WINDOWS are kept free from ice by painting the glass with alcohol with a brush or sponge.

Odors from boiling ham, cabbage, etc., are prevented by throwing red pepper-pods or a few pieces of charcoal into the pot.

Percussion-caps are found to poison children, if swallowed.

Pigeons are hatched in eighteen days; chickens, twenty-one; turkeys, twenty-six; ducks and geese, thirty.

A cement which is a good protection against weather, water, and fire, to a certain extent, is made by mixing a gallon of water with two gallons of brine, then stir in two and a half pounds of brown sugar and three pounds of common salt; put it on with a brush like paint.

Eggs, for cooking purposes.—One table-spoon of corn-starch is said to be equal to one egg.

FRENCH ROLLS.—Add two ounces of butter and a little salt to a pint of boiled milk; while tepid, sift in one pound of flour, one beaten egg, one tablespoon of yeast; beat these altogether well; when risen, form the rolls with as little handling as possible; bake on tins.

BOILING POTATOES.—Put potatoes of equal size into water while boiling; when done, pour off the water, scatter in some salt, cover the pot with a coarse cloth, and return it to the fire for five minutes, when they are ready for the table; even watery potatoes are thus made mealy.

Common cut-nails are easily driven into hard wood if rubbed with a little soft-soap; the saliva is better than nothing for that purpose.

Never condemn your neighbor unheard; there are always two ways of telling a story.

POTATOES.—The best way to cook a potato is to bake or roast it in an oven; when done, crack the skins open and allow them to dry out for a few minutes before placing them on the table.

QUARRELS.—To avoid family quarrels, let the quarreling wretch have it all to himself; reply never a word.

CORNS, *new cure!*—Let a piece of pure India-rubber, the twentieth of an inch thick, remain in constant contact with the corn, which should be kept closely and well pared; it requires four or five weeks.

CIDER VINEGAR.—Take the water in which dried apples have been soaked and wash, strain it well, add a pound of sugar.

WHO ARE HAPPIEST?

"MECHANICS' families who are a little forehanded." Such was the answer of a monthly nurse of intelligence and observation, who had in the prosecution of her calling been thrown among families of all classes, from the very rich to the very poor; from the most famed to the most obscure.

Lord Byron seems from his standpoint to have arrived at very nearly the same conclusion. He wrote: "Mechanics and working-men who can maintain their families, are in my opinion the happiest body of men. Poverty is to be preferred to the heartless, unmeaning dissipation of the higher orders."

Another author thought that the most to be envied was "a healthy young man, in full possession of his strength and faculties, going forth in the morning to work for his wife and children, and bringing them home his wages at night."

Aside from the question of religion there are three indispensable requisites to a pleasurable, satisfactory state of the mind; if either be absent, there can not be any continuous mental, heart, enjoyment. In no case can a day ever pass without some interruption to quiet pleasures, even to those who are most favorably situated, because no man or woman ever waked up in the morning who did not experience before retiring at night some disappointment, some unexpected occurrence of an unpleasurable character to cloud the sunshine of the happiest day. Who can recollect a single day in any score or two, or three, in which some unanticipated, disagreeable thing did not occur? Echo answers: "Never one!"

He who would be uniformly happy; who would pass the greater part of his time in a state of mental pleasurable-ness,

Must be healthy.

Must be well-to-do.

Must be moderately busy.

However healthy a man may be, anxiety for to-morrow's bread will soon undermine the strongest constitution; hence the French returns officially announce that the well-to-do average eleven years longer life than those who live by their daily labor. If a man is healthy and well-to-do, and is not busy in his calling, he will seldom fail to become dyspeptic, intemperate, or restless, and die prematurely. Hence, to have a life of sunshine, a man must live healthfully; must have a reasonably profitable calling, and must be busy and buoyant in the prosecution of it.

COOKING MEATS.

EVERY wife and mother owes it to herself, her husband, and her children, as well as to society at large, to prevent waste in every department of the household, whether provisions are cheap or dear, whether the husband is rich or poor; for waste is a crime against humanity, an insult to the bounteous Hand "who giveth us richly all things to enjoy." On the other hand, a true economy is one of the wisest, and most ennobling of domestic virtues. A hundred careful experiments were made in England in reference to roasting and boiling meats, in order to ascertain the respective losses:

Roasted chickens, lost 15 per ct.	Turkeys, lost.	20 per ct.
Beef ribs and sirloins, 19 "	Mutton legs and shoulders, 24 "	
Geese, 19 "	Ducks,	27 "
Boiled mutton legs, .. 10 "		
" beef, 15 "		
" shoulder mutton, 28 "		

Boiling beef saves more than four per cent over roasting. If a leg of mutton is boiled it loses ten per cent; if roasted, twenty-five per cent!

The fatter meat is, the greater the loss; it should be moderately fat, to make it tender; but there is an unprofitable fatness.

Eleven pounds of roast beef rib loses two pounds, and the bones one pound, so that of the eleven pounds bought, only eight pounds come to the table. Hence if roast rib-pieces cost in New-York, in April, 1864, twenty cents a pound at the butcher's stall, it is more than thirty-one cents a pound on the dinner-table.

It is philosophically true that one pound of clear roast beef is more concentrated than one pound of boiled beef, has less water in it, and hence may contain more nourishment; but the more concentrated food is the more unwholesome it is, not only because it requires a greater digestive power to convert it into pure blood, but the sense of sufficiency at meals is induced to a considerable extent by the bulk of what is taken, and if we eat concentrated food until there is bulk enough to remove the feeling of hunger, there is so much nutriment in it that nature can't extract it all in a perfect manner; hence there is not only too much nutriment for the wants of the system, but all of it is imperfectly prepared, and we really get less strength and less pure blood out of it, than if much less had been eaten, or it had been taken in a more bulky, or, if you please, in a more watery condition. This is the reason why dyspeptics and others eat a great deal, but they do not get strong. But if there is too much bulk, there is not enough nutriment, although a great deal is taken into the stomach. Porter and beer, for example, fill up the stomach, and seem to make persons fleshy, but there is but little nutriment and great bulk; but great beer-drinkers are never strong, are puffy.

FOOD AND HEALTH.

BREAD-CRUST baked in an oven until it is very brown, but not black, and then pounded to the fineness of ground coffee, is a safer, cheaper, and quite as agreeable and healthful a substitute for coffee as any other MIXTURE now in use.

Men who have half a dozen irons in the fire are not the ones to go crazy. It is the man of voluntary or compelled leisure who mopes, and pines, and lounges about, who thinks himself into the mad-house or a premature grave. Motion is all Nature's law. Action is the mental and physical salvation of man.

White beans are the cheapest and most nutritious food, which can be eaten. Beans and pork furnish nearly all the elements necessary to human subsistence. A quart of beans at eight cents and a pound of pork at twelve cents will feed a small family for a day. Four quarts of beans and two pounds of corned beef, boiled to rags, in fifty quarts of water, will furnish a good meal for forty men, or one and a quarter cents a meal.

SMALL POX.—It is said that as soon as any eruption appears on the skin it is small pox, if, on pressure with the end of the finger, there is the feeling as if a small fine shot had been placed under the cuticle of the skin.

FACE protection from cold.—An ordinary fine wire-gauze mask, such as is sometimes used at masquerades, will keep the face comfortable, even if a fierce wind is blowing, while the thermometer is below zero; a thin veil or a silk handkerchief is a good substitute.

COAL-GAS.—Two young girls were recently found dead in their bed, having retired in perfect health, in consequence of filling a pot with the live coals of a wood-fire, and placing it in the middle of their chamber, with closed doors and windows, the night being very cold. On New-Year's eve of eighteen hundred and sixty-four, Mr. I. F. Hall, aged fifty years, a gentleman of great moral worth, an exemplary citizen and loving father, retired to his chamber in perfect health, but in the morning was found to have been dead several hours; the gas in the room not having been turned fully off, or having been left burning a little, was puffed out by the wind. Within a year a clergyman from the West was found nearly dead in his chamber in New-York. Being unacquainted with the nature of coal-gas, he had blown out the light instead of turning it off. Every chamber ought to have a ventilator out of reach, or, which would be more certain, an open fireplace, which could not easily be closed. Breathing a vitiated atmosphere during sleeping hours, which is nearly one third of a man's entire existence, is sapping the constitution of multitudes. No one ought to be allowed to sleep in a close room. It will destroy the health sooner or later, and inevitably.

INHERITANCES.

ON the last Sabbath of the last year, that good old minister McElroy, rose in his place and said: "I have been preaching to you forty years this day. Of all the elders who then held up my hands, not one survives; of all the male members, not one remains; of all the women, only six live. But although the fathers and mothers have passed away, the more numerous sons and daughters have taken their places, and their children's children are convincing evidences that He is a covenant-keeping God whom we are serving this day, in that the grand-children, having had a good example set before them of holy living, of Sabbath observance, of habitual attendance on the services of the sanctuary, and a profound reverence, with an unquestioning and blessed faith in the word of God, have become religious by inheritance, as it were."

Sons have often inherited the wealth of their fathers, even to the third and fourth generation. The same principle holds good as to our physical nature, that a life of temperance and industry and moderate ambitions secures to children, even for several generations, a robustness of constitution, a vitality, a physical power, which may well be the envy of a multitude of the sick and diseased and effeminate in every grade of society. Children who see daily in their parents the practice of all that is gentle and lovable and courteous and kind, will seldom fail, without the necessity of direct teachings on these subjects, to acquire the same traits of character; and the example lives and has its influence and power for good long after the parents have passed away. If parents want their children to grow up and inherit their own robust health, strength, and length of life, it must come, not so much by birth and blood, not so much by precept and command and reason, but by the daily exhibition of a calm, quiet, busy, temperate life on the part of their parents, carried out daily, habitually, and persistently by living examples. Conduct is the great, efficient teacher, not precept, not theory, not idle profession.

RESTLESS NIGHTS.

SOME persons "toss and tumble" half the night and get up in the morning weary, unrefreshed, and dispirited, wholly unfit, either in body or mind, for the duties of the day; they are not only incapacitated for business, but are often rendered so ungracious in their manners, so irritable and fretful, as to spread a gloom and a cloud over the whole household. To be able to go to bed and be in a sound, delicious sleep, an unconscious deliciousness, in five minutes, but enjoyed in its remembrance, is a great happiness, an incalculable blessing, and one for which the most sincere and affectionate thanks should habitually go up to that beneficent Providence which vouchsafes the same through the instrumentalities of a wise and self-denying attention to the laws of our being.

Restless nights as to persons in apparent good health, arise chiefly from, first, an overloaded stomach; second, from worldly care; third, from want of muscular activities proportioned to the needs of the system. Few will have restless nights who take dinner at midday, and nothing after that except a piece of cold bread and butter and a cup or two of some hot drink; any thing beyond that, as cake, pie, chipped beef, doughnuts, preserves, and the like, only tempt nature to eat when there is really no call for it, thus engendering dyspepsia and all its train of evils.

Worldly care. For those who can not sleep from the unsatisfactory condition of their affairs; who feel as if they were going behindhand; or that they are about to encounter great losses, whether from their own remissness, the perfidy of friends, or unavoidable circumstances, we have a deep and sincere sympathy. To such we say, Live hopefully for better days' ahead, and meanwhile strive diligently, persistently, and with a brave heart to that end.

But the more common cause of restless nights is, that exercise has not been taken to make the body tired enough to demand sleep. Few will fail to sleep soundly if the whole of daylight, or as much thereof as will produce moderate fatigue, is spent in steady work in the open air, or on horseback, or on foot. Many spoil all their sleep by attempting to force more on nature than she requires. Few persons will fail to sleep soundly, while they do sleep, if they avoid sleeping in the daytime, will go to bed at a regular hour, and heroically resolve to get up the moment they wake, whether it is at two, four, or six o'clock in the morning. In less than a week, each one will find how much sleep his system requires; thereafter give it that, and no more.

Summer Recreations.

FOUR young men, knapsacked in the old Continental style, passed along the other day, bound for the White Mountains; they were a hale, jolly-looking set, intending to travel about twenty miles a day, resting from nine A.M. to five P.M.; they lived chiefly on bread and milk, bountifully procured on the road at small cost. This is the true philosophy of summer recreation; and let clerks, clergymen, lawyers, judges, students, and other sedentary persons make a note of it, for it is an example well worth following. Such a "trip," from the middle of August to the first of October, over the hills of New-England, the Catskill Mountains, or the Adirondacks, would be glorious. We had a taste of this ourselves, just twenty years ago this autumn, beginning at Menai Bridge, through Bangor Walls, the famous slate quarries, over to Dublin and Donnybrook Fair, up through Ireland to Belfast, with its linen factories; the Giant's Causeway; over to the Banks of Bonny Doon, Glasgow, Edinburgh, Abbotsford, and the famous castle or church there, which we first saw by the aid of a tin lantern, too impatient to wait until next morning, being paid for our hurry by seeing a drove of sleepy sheep in the inclosure; thence to Berwick-upon-Tweed, which divides Scotland and England; thence by steamer to great London, where we footed it indefinitely, *ad infinitum*, all over. These are perigrinations of some account; and the memory of them is inexpressibly dear. How luscious the draughts of what we saw, and felt, and heard, and such an appetite—such glorious sleep! We were chuck full of life, and frolic, and fun, wanted to run foot-races on the road every day, with our younger and more sedate brother, "Dr. Sam." Poor fellow, a dozen years dead. Dignified people always do die before their time. This way of being as sober as a judge isn't wholesome; it clogs up the wheels of life, and stops them prematurely. We poked at him some of our mother's philosophy, who never did any thing in her life until she had satisfactorily answered the question, "What's the use?" Why, it's fun to run a race, especially if you are blindfolded, and making for a tree on the sea-shore, to get there first. Suppose it is "infra dig," nobody knows us; and if they did, it is none of their business whether we walk, run, or roll over, and with that we turned a double summerset, while he called for a smelling-bottle. Reader, we believe in fun more than physic, hence we "still live," and lively as a cricket too!

CHEAP BREAD.

"BREAD and butter" are the only articles of food of which we never tire for a day, from early childhood to extreme old age. A pound of fine flour or Indian (corn meal) contains three times as much nutriment as one pound of butcher's roast beef; and if the whole product of the grain, bran, and all, were made into bread, fifteen per cent more of nutriment would be added. Unfortunately, the bran, the coarsest part, is thrown away; the very part which gives soundness to the teeth and strength to the bones, and vigor to the brain. Five hundred pounds of fine flour give to the body thirty pounds of the bony element; while the same quantity of bran gives one hundred and twenty-five pounds! This bone is "lime," the phosphate of lime; the indispensable element of health to the whole human body; from the want of the natural supply of which multitudes of persons go into a general "decline." But swallowing "phosphates" in the shape of powders, or in syrups, to cure these "declines," has little or no virtue. The articles containing these "phosphates" must pass through nature's laboratory; must be subject to her manipulations, in alembics specially prepared by Almighty power and skill, in order to impart their peculiar virtues to the human frame; in plainer phrase, the shortest, safest, and most infallible method of giving strength to body, bone, and brain, thereby arresting disease, and building up the constitution, is to eat and digest more bread made out of the whole grain, whether of wheat, corn, rye, or oats. But we must get an appetite for eating more, and a power of digesting more. Not by the artificial and lazy method of drinking bitters and taking tonics, but by moderate, continued, and remunerative muscular exercise in the open air every day, rain or shine. And that we may eat the more of it, the bread must be good, and cheap, and healthful; and that which combines these three qualities to a greater extent than any other known on the face of the globe, as far as we know, is made thus: To two quarts of corn (Indian) meal, add one pint of bread-sponge, water sufficiently to wet the whole; add one half pint of flour and a teaspoonful of salt. Let it rise; then knead well, unsparingly, for the second time. Place the dough in the oven, and let it bake an hour and a half. Keep on trying until you succeed in making a light, well-baked loaf. Our cook succeeded admirably by our directions at the very first trial. It costs just half as much as bread from the finest family flour, is lighter on the stomach, and imparts more health, vigor, and strength to body, brain, and bone. Three pounds of such bread, (at five cents a pound for the meal,) certainly affords as much nutriment as nine pounds of good roast beef, (costing at twenty-five cents \$2.25,) according to standard physiological tables.

Eating Economically.

WHAT kind of food has the most nourishment and costs the least? is a question of great practical importance. The following tables may be studied with considerable interest by every family. They will show the mode of preparation, the amount of nutriment, and the time required for the digestion of the most common articles of food placed upon our tables. A dollar's worth of meat, at twenty-five cents a pound, goes as far as fifty cents' worth of butter, at half a dollar a pound. Three pounds of flour, at eight cents a pound, is said to contain as much nutriment as nine pounds of roast beef, which, at twenty-five cents, is \$2.25; that is, twenty-five cents' worth of flour goes as far as nine times that much money spent for roast beef, as weighed at the butcher's stall. A pint of white beans, weighing one pound, and costing seven cents, contains as much nutriment as three pounds and a half of roast beef, costing eighty-seven and a half cents. Of all the articles that can be eaten, the cheapest are bread, butter, molasses, beans, and rice. A pound of corn meal (Indian) goes as far as a pound of flour; so that, fine family flour at sixteen dollars a barrel, in New-York City, in July, 1864, and corn-meal at four cents, the latter is just one half less expensive. If corn and wheat were ground, and the whole product, bran and all, were made into bread, fifteen per cent of nutriment would be saved, with much greater healthfulness. These are standard tables:

<i>Quality of Food.</i>	<i>Mode of Preparation.</i>	<i>Amount of Nutriment.</i>	<i>Time of Digestion.</i> H. M.
Cucumbers,	Raw.	2 per cent.	
Turnips,	Boiled.	4	3.30.
Milk,	Fresh.	7	2.15.
Cabbage,	Boiled.	7	4.30.
Apples,	Raw.	10	1.50.
Potatoes,	Boiled.	13	2.30.
Fish,	Broiled.	20	2.00.
Venison,	"	22	1.30.
Pork,	Roasted.	24	5.15.
Veal,	"	25	4.00.
Beef,	"	26	3.30.
Poultry,	"	27	2.45.
Mutton,	"	30	3.15.
Bread, wheat,	Baked.	80	3.30.
Bread, corn,	"	80	3.30.
Beans,	Boiled.	87	2.30.
Rice,		88	1.00.
Butter and oils,		96	3.30.
Sugars and Syrups, ..		96	3.30.

FACTS ABOUT EATING.

If too much food is taken, the stomach can not convert it into a perfect blood material, hence no perfect blood is made, and that being mixed with the other blood in the body makes the whole mass of blood impure ; hence, after an over-hearty meal a person "feels bad all over." If the over-eating is habitual, there is always some uncomfortable symptom complained of. Such persons are never well, and although they may eat heartily, they do not get strong nor fill up in flesh ; it is because the stomach has been over-taxed and has not the power to extract the nourishment from the food.

When persons do not get strong, although they eat a great deal, they will get stronger by eating one half less ; as a sickly servant in attempting to do a large amount of work, does none of it well, whereas, if the task were a light one, the whole of it would have been thoroughly done.

When any uncomfortable feeling is experienced after eating, it is because some article does not "agree with the stomach," that is, can not be digested by it. This always arises from quality or quantity, generally the latter. In such cases take less and less until no discomfort is produced ; if no special change is observed, it is because the quality is unsuited to the condition of the stomach, or the general system does not require it.

An article may not agree with the stomach to-day, but may agree with it very well in a few days, weeks, or months afterward, because its distinctive elements may then be needed in the system. Most persons instinctively turn away from roast pork in midsummer—it would make them sick—but in winter time, when the thermometer is near zero, large quantities are eaten with a relish, and no specific discomfort follows. As a general rule, instinct is the best guide, and that which is most relished is the thing which should be eaten ; but if some discomfort invariably follows, it should be omitted, at least, until a change of air, season, or occupation.

It is a physical and moral wrong to take a single mouthful, when really it is not wanted ; the motive being merely to "eat even," to eat it out of the way, or feeling that if it is not eaten it will be thrown away by the cook. If thus thrown away, some worm, or insect, or animal may get it ; if eaten by yourself, it only oppresses the system that much.

The finer food is divided or cut up before swallowed, the sooner, the easier and more perfectly is it digested, for like ice, it is dissolved from without, inwards, and the smaller the pieces the sooner are they melted.

"Bread and butter" and milk are the only two articles of food which have all the elements of nutrition ; hence from childhood to extreme old age we are never tired of them.

PHILOSOPHY OF EATING.

THE young eat for three reasons: 1st. To grow; 2d. To keep warm; 3d. To repair waste. Adults eat for the last two purposes; hence all food contains one of two elements, and some kinds both, called nitrogen and carbon. The nitrogen makes flesh, sometimes called muscle, and is the same as lean meat. Carbon makes the fat, and is that which keeps us warm. Sugar, starch, arrowroot, oil, butter, suet, and lard have no nitrogen; there is nothing in them to make flesh out of; all the nutriment they afford is carbon, the material for warmth. Infants and young children would soon die, would get so chilly as to freeze, as it were, unless they had something sweet in their food; hence nature has implanted in them an unappeasable taste for sweet things. The thing the new-born infant needs first and always is warmth. Butter, oils, and starches abound also in the heat-producing elements, but they require strong powers of digestion, are applicable to grown-up persons and to the old; hence as we grow old we like fat meats, oils and butter more.

It is in obedience to these laws that Almighty beneficence and wisdom has imparted a relish for oils and fat meats in winter, because extra heat is needed. Greenlanders, whose country is always covered with ice and snow, consider butter and lard and tallow candles and the rankest oils the greatest luxuries conceivable. But rice, on which many of the inhabitants of warm countries chiefly live, is said to contain scarce one per cent of the fat or heat-producing element, while oils have ninety-six per cent of it.

All know how buckwheat cakes are relished in winter; but as spring comes on, we begin to lose our appetite for them. The cakes themselves contain fifty-four per cent of the fat or heat-producing element, and they are made more palatable by spreading butter on them, and adding to this molasses, each being almost entirely (ninety-six per cent,) heat-producing.

But out-door workers eat meat and bread the year round, and never weary of it, because twenty-two per cent of them are flesh-forming, give that much power and strength to work.

POTATOES.

SOME soils produce several hundred bushels of the white commonly called the Irish potato, and there is such a general taste for them that they are likely to continue to be a very common article of diet, although not as valuable or any more healthful than many other qualities of food. Three fourths of the potato is water, so that of one hundred pounds only twenty-five pounds are nutriment; the rest is waste. Almost the entire nutriment is contained within a quarter of an inch of the surface, immediately under the skin; hence by peeling, the very best part of it, and nearly all that is valuable, is wasted. Only the outer skin should be removed, that which is disposed to peel off after boiling.

It is said that potatoes grown in France are entirely free from disease by having been planted in June instead of April, so as to escape the alternations of heat and cold by the changeable weather of spring.

The tendency of potatoes to sprout in the early spring is reported to be prevented in Scotland, and by so doing, their full edible qualities are preserved, and "mealy" potatoes can be had all summer from the previous year's growth. The experiment costs but little, and is worthy of being tested by every one who doubts its efficacy. Obtain from a druggist one ounce of liquor of Ammonia, (hartshorn) to a pint of water; let the potatoes be immersed in this mixture four or five days; dry them. Their substance is thus consolidated, and much of their moisture extracted without the slightest injury for all table qualities, but their vegetative power is forever destroyed. If spread out after immersion, so as to be well dried, they will keep good for ten months.

Baked potatoes are easily digested, requiring only two hours and a half, but one hour longer if boiled. If baked in the ashes and eaten with butter and salt, they are sweeter and more healthful than by any other mode of preparation. The sprouts of potatoes uncovered with earth contain solanum, a powerful poison, the potato becoming green, and are then unfit for even animals. To have mealy potatoes for the table, boil them until the fork easily penetrates; pour off all the water; cover the vessel with a cloth near the fire, until "steamed" dry. It is said that if new potatoes are put in barrels, and then scalding water is poured over them, the eyes are killed, and they will remain fresh for a year.

VALUE OF FOOD.

WITHOUT strength or warmth we die; food imparts these, and is proportionably valuable; hence it is "nutritious," that is, nourishes, sustains, supports life. The elements of food which do this are called carbon, yielding warmth, and nitrogen, yielding strength or flesh. Butter, fat, and oil are almost wholly carbon—contain no nitrogen—can not make flesh or give strength; on the other hand apricots, cherries, and peaches contain no carbon. A man who fed on them exclusively would freeze to death, would die for want of the warming part of nutriment. Meats give both warmth and strength, and so do most articles of food, but in varying proportions.

For those who work, that food is cheapest which, dollar's worth for dollar's worth, affords the most strength, the most power to labor. The investigations and experiments of Baron Liebig and others seem to show that one bushel of oats at sixty-eight cents a bushel, yields five pounds of the muscle, flesh, or strength element, costing thirteen cents per pound, while the same amount of "muscle," in the now common acceptance of the term, derived from roast beef, at twenty-five cents per pound at the butcher's stall, would cost two dollars and six cents! The Irish masses do not eat meat once a week, yet they work hard, live healthily, and when temperate, live long. The Scotch glory in oatmeal, and are a hardy race. One third of the human family live chiefly on rice.

It would be as healthful as economical for the industrious poor of our land to live chiefly on cereals, as wheat, corn, oats, rye, and barley, and when they can afford it, have fruits and berries, raw, ripe, and perfect in their natural state, as desserts.

Articles.	Cost.	Muscle Element yielded.	"Muscle" cost per pound.
Oats,.....	\$0 68 per bushel,	5 pounds,	13 cents.
Peas, dried,.....	2 00 "	14 "	14 "
Beans, "	2 50 "	16 "	15 "
Corn,.....	1 10 "	6 "	17 "
Barley,.....	1 50 "	8 "	18 "
Turnips,.....	50 "	1 "	41 "
Flour, unbolted,.....	11 00 per barrel,	25 "	44 "
Flour, fine,.....	12 00 "	22 "	54 "
Potatoes,.....	1 50 per bushel,	2 "	94 "
Meats, 8½ pounds,.....	25 per pound,	1 "	2 06 "

HORSE RATIONS.

The horses of the Third Avenue Railroad Company of New York City travel twenty miles a day over almost a dead level of cobble stone pavement, and being checked and started every five minutes or oftner, it becomes a laborious service; to keep them in good condition, and maintain their efficiency, has required a great deal of reflection, judgment and observation. The regular daily rations of each animal are: Sound corn meal, 17 lbs.; good clean hay, mostly timothy, 13 lbs. The hay is chaffed in a cutting machine driven by horse-power, and wet and mixed with the meal, and fed in regular messes at regular times as nearly as the service will permit.—Of course there is no waste of food and no using good hay for bedding. That is made of rye straw, which may average about three pounds a day per horse. The feed boxes are carefully examined after feed, to see that all has been eaten, and to prevent any accumulation of sour or damaged food, and if a horse is "off his feed," to remove him at once to the hospital. The stall and feed boxes are kept constantly as clean as brushes, brooms, and Croton water can make them. The company keep seven hundred horses.

A family carriage horse, a "hack" for the neighbors also, five years old, keeps lively, healthy and fat by being fed thrice a day as follows:

Morning a bushel basket of cut oat straw, four quarts of "shorts" mixed thoroughly after being moistened with water.

Noon, same amount of straw and three quarts of shorts, clear.

Night, a bushel basket of hay and straw, half and half, cut, mixed with four quarts of shorts. He had in addition, the pairings of potatoes and apples and cabbage leaves from the family kitchen. This is believed to be a saving of one half, compared with the ordinary method of feeding horses. The London Omnibus Company feeds six thousand horses daily; they found that horses fed with sixteen pounds of bruised oats, seven and a half pounds of cut hay, and two and a half pounds of cut straw, looked as well, and did as much work on their nineteen pounds of food daily, as on twenty-six pounds a day, if the oats were *not* bruised and the hay and straw were not cut; a difference of three hundred dollars a day. It is perhaps most economical in this country to feed work horses with fine ground oat and corn meal, two-thirds of the former and one-third of the latter well mixed, the former contains the muscle forming principle, the power to labor, the latter the fat, the carbon, for warmth.

But what has "Horse Flesh" to do with human health? "Much every way." "On horseback" is one of the most healthful, graceful and manly of all forms of exercise. It is exhilarating to mind and body; there is not a muscle in the human system which is not brought more or less into requisition, and the great danger is obviated, especially to invalids, of exhaustive exercise, and of being over heated and thus made liable to fresh colds; besides, it involves the breathing of a pure atmosphere all the time; itself an all important element to health seekers; and the difference between riding or driving a sleek charger, and a bag of bones, is as wide as the poles asunder. A man on a poor horse feels as mean as if he had on a dirty shirt, or a hole in his stocking, or as if he hadn't a dollar in his pocket. There is more health to the cabined, cribbed and confined daughters of citizens and farmers in one hour's daily horse-back riding, about sun rise, for nine months in the year, with gentlemen of refinement, courteous and joyous nature, than in all the drugs and "pathies" in the universe. Besides, we owe it to the noblest of all animals to understand how to take the best care of him.

H U N G E R.

THE feeling of discomfort which arises from hunger is referred by the mind to the stomach, although it is only the sensation produced by the wants of the whole body, which make themselves felt there; every part of the system needs nutriment, but if each individual part suffered with equal intensity, the whole nervous system would be so deranged as either to cause convulsions or such a general disturbance of the machinery of life, that it would not work at all. If the feeling of hunger is allowed to last too long as to the stomach, it loses the power of action and the man dies. It is thus with cough; the cause of cough is in the lungs; there is something there which nature wants away, and which is a hurtful intruder; but the sensation which induces cough is referred to the throat, and trying to repress cough, either by the force of the will or anodyne medicines, is as unphilosophical as useless, as fatal in the end as trying to repress hunger, without removing the cause of it, that is, without supplying the needed nutriment.

When a person is really hungry, the system has sent certain materials to the stomach from which the liquid is manufactured which is necessary to the digestion of the food, and as soon as the food is swallowed, this liquid begins to act upon it, and the sense of hunger gradually subsides. But when the system has not used up all the nourishment which the previous meal had supplied, there is no sensation of hunger, there is no call for food, there is no appetite, which means a "seeking for," there is no need for eating, for nature never tells a lie; no liquid has been prepared which induces the sensation of hunger, hence nothing to digest the food if conveyed into the stomach, and if food is eaten under such circumstances, there being nothing in the stomach to take hold of it and convert it into nutriment, it remains for hours causing discomfort, heaviness, and even convulsions. At length it begins to decompose, to "rot;" wind is generated, and the most noisome eructations and other gaseous discharges are made. Sedentary persons do not "get over" these wicked impositions on nature for days and weeks sometimes. This is the philosophy of the folly, the brutality, the criminal waste, and the sin of "eating without an appetite."

DIGESTIBILITY OF FOOD.

THE following table of the digestibility of the most common articles of food prepared from standard authorities, is approximately correct and is of very general practical interest :

Quality.	Preparation.	Time of Digestion.	Quality.	Preparation.	Time of Digestion.
		H. M.			H. M.
Rice,	Boiled,	1 00	Mutton, fresh,	Broiled,	3 00
Pigs' feet, soused,	"	1 00	Soup,	Boiled,	3 00
Tripe, soused,	"	1 00	Chicken soup,	"	3 00
Eggs, whipped,	Raw,	1 30	Aponeurosis,	"	3 00
Trout, salmon, fresh,	Boiled,	1 30	Dumpling, apple,	"	3 00
Trout, salmon, fresh,	Fried,	1 30	Cake, corn,	Baked,	3 00
Soup, barley,	Boiled,	1 30	Oysters, fresh,	Roasted,	3 15
Apples, sweet, mellow,	Raw,	1 30	Porksteak,	Broiled,	3 15
Venison steak,	Boiled,	1 35	Mutton, fresh,	Roasted,	3 15
Brains, animal,	Boiled,	1 45	Bread, corn,	Baked,	3 15
Sago,	"	1 45	Carrot, orange,	Boiled,	3 15
Tapioca,	"	2 00	Sausage, fresh,	Broiled,	3 30
Barley,	"	2 00	Flounder, fresh,	Fried,	3 30
Milk,	"	2 00	Catfish, fresh,	"	3 30
Liver, beef's, fresh,	Broiled,	2 00	Oysters, fresh,	Stewed,	3 30
Eggs, fresh,	Raw,	2 00	Butter,	Melted,	3 30
Codfish, cured dry,	Boiled,	2 00	Cheese, old, strong,	Raw,	3 30
Apples, sour, mellow,	Raw,	2 00	Soup, mutton,	Boiled,	3 30
Cabbage, with vinegar,	"	2 00	Oyster soup,	"	3 03
Milk,	"	2 15	Bread, wheat, fresh,	Baked,	3 30
Eggs, fresh,	Roasted,	2 15	Turnips, flat,	Boiled,	3 30
Turkey, wild,	"	2 18	Potatoes, Irish,	"	3 30
Turkey, domestic,	Boiled,	2 25	Eggs, fresh,	Hard boiled,	3 30
Gelatine,	"	2 30	Green corn and beans,	Boiled,	3 45
Turkey, domestic,	Roasted,	2 30	Beets,	"	3 45
Goose, wild,	"	2 30	Salmon, salted,	"	4 00
Pig, sucking,	"	2 30	Beef,	Fried,	4 00
Lamb, fresh,	Broiled,	2 30	Veal, fresh,	Broiled,	4 00
Hash, meat, and vegetables,	Warmd,	2 30	Fowls, domestic,	Roasted,	4 00
Beans, pod,	Boiled,	2 30	Soup, beef, vegetables, and		
Cake, sponge,	Baked,	2 30	bread,	Boiled,	4 00
Parsnips,	Boiled,	2 30	Heart, animal,	Fried,	4 00
Potatoes, Irish,	Roasted,	2 30	Beef, old, hard, salted,	Boiled,	4 15
Cabbage, head,	Raw,	2 30	Soup, marrow-bones,	"	4 15
Spinal marrow, animal,	Boiled,	2 40	Cartilage,	"	4 15
Chicken, full grown,	Fricasseed,	2 45	Pork, recently salted,	"	4 30
Custard,	Baked,	2 45	Veal, fresh,	Fried,	4 30
Beef, with salt only,	Boiled,	2 45	Ducks, wild,	Roasted,	4 30
Apples, sour, hard,	Raw,	2 50	Suet, mutton,	Boiled,	4 30
Oysters, fresh,	"	2 55	Cabbage,	"	4 30
Eggs, fresh,	Soft boiled,	3 00	Pork, fat and lean,	Roasted,	5 15
Bass, striped, fresh,	Broiled,	3 00	Tendon,	Boiled,	5 30
Beef, fresh, lean, rare,	Roasted,	3 00	Suet, beef, fresh,	"	5 30
Pork, recently salted,	Stewed,	3 00			

NUTRITIOUSNESS OF FOOD.

The following table from authentic sources shows the ascertained per centage of nutriment in the common articles of table consumption. Boiled rice being the easiest of digestion, because the quickest, is marked ten; boiled cabbage is two; roast pork, boiled tendon, and beef suet requiring five and a half hours to be digested, would be one, or the lowest grade of digestibility. One important practical bearing of the table is that the most nutritious food should be eaten, as boiled rice, when the bowels are loose; but when constipated, that which has most waste should be eaten, as boiled turnips, because the more waste the greater is the accumulation of this waste in the lower bowel, which acts in proportion as it is distended by such accumulation.

Kind of Food.	Preparation.	Per Cent of Nutriment.	Time of Digestion. H. M.	Ease of Digestion.	REMARKS.
Almonds,.....	Raw,	66	..	5	Sweet and mellow.
Apples,.....	"	10	1.30	5	
Apricots,.....	"	26	.	.	
Barley,.....	Boiled,	92	2.00	5	
Beans, dry,.....	"	87	2.30	4	
Beef,.....	Roast,	26	3.30	3	Fresh, lean, rare, broiled, digests in three hours.
		
Blood,.....		22	
Bread,.....	Baked,	80	3.30	3	
Cabbage,.....	Boiled,	7	4.30	2	
Carrots,.....	"	10	3.15	3	
Cherries,.....	Raw,	25	2.00	5	
Chickens,.....	Fricassee'd,	27	2.45	4	
Codfish,.....	Boiled,	21	2.00	5	
Cucumbers,.....	Raw,	2	..	.	
Eggs,.....	Whipped,	13	1.30	7	
Flour, bolted,.....	In bread,	21	..	.	
Flour, unbolted,....	"	35	..	.	
Gooseberries,.....	Raw,	19	2.00	6	
Grapes,.....	"	27	2.30	6	
Haddock,.....	Boiled,	18	2.30	4	
Melons,.....	Raw,	3	2.00	5	
Milk,.....	"	7	2.15	5	
Mutton,.....	Roast,	30	3.15	3	
Oatmeal,.....	Baked,	74	3.30	3	
Oils,.....	Raw,	96	3.30	3	
Peas, dry,.....	Boiled,	93	2.30	4	
Peaches,.....	Raw,	20	2.00	4	
Pears,.....	"	10	3.30	6	
Plums,.....	"	29	2.30	4	
Pork,.....	Roast,	21	5.15	2	
Potatoes,.....	Boiled,	18	2.30	4	
Rice,.....	"	83	1.00	10	
Rye flour,.....	Baked,	79	3.30	3	
Sole,.....	Fried,	21	3.00	4	
Soup, barley,.....	Boiled,	20	1.30	7	
Strawberries,.....	Raw,	12	2.00	6	
Turnips,.....	Boiled,	4	3.30	3	
Veal,.....	Fried,	25	4.30	2	
Venison,.....	Broiled,	22	1.30	7	
Wheat bread,.....	Baked,	95	3.30	3	Unbolted flour.

WARMTH AND STRENGTH.

ALL food contains nitrogen, the element which supplies "muscle," flesh, strength, or carbon-giving warmth; some articles contain both in various proportions. The colder the weather, the more carbonized food do we require. Pure alcohol is almost wholly carbon, and all alcoholic drinks are proportionately so, beer having only five per cent of alcohol; but having no nitrogen, they can not add a single particle of flesh to the system, and consequently not one particle of strength of power to labor. A man feels stronger after taking a drink of spirits, but it is not *added* strength; it is only strength preternaturally drawn in advance upon the store on hand for current use; the nervous system having been stimulated to make that draught by the influence which the alcohol had upon it, but when the system comes to use the strength naturally prepared for it, and finds it has been already appropriated, it "sinks" under the disappointment, so to speak, to a depth proportioned to the strength or quantity of the alcohol used. The sinking experienced in delirium tremens is precisely of this nature, and is almost too horrible to be borne. All know that when the liquor "dies" within a man, he is as weak and powerless as a new-born infant, and this comes upon him suddenly. On the other hand, food and drink which contain nitrogen, give flesh, create the power to labor, and the strength which is thus added is for current use, is substantial and enduring. Hence alcohol is not a true tonic, has no really valuable medicinal or curative virtue in any malady known to man. The most that it can do under any circumstances is to give time for nature or for real remedies to bring their influence to bear on the system. From the following table it will be inferred that aliment containing the largest amount of carbon should be used in winter; but cooling food, that which contains little or no carbon, such as fruits and berries, should be taken in summer; bread and butter, and the grains containing quite as much carbon as the system requires; hence nature craves berries and fruits in summer, and turns away from fat meats and oily dishes.

Names.	Carbon.	Nitrogen.	Names.	Carbon.	Nitrogen.
Gum Arabic,.....	36	0.14	Cabbage,.....	..	0.36
Sugar,.....	42	..	Turnips,.....	3	0.12
Starch,.....	37	..	Turnips, dried,.....	43	2.00
Arrowroot, ..	36	..	Artichokes,.....	9	0.03
S. Almond oil,.....	77	0.29	Blood,.....	10	0.03
Olive,.....	77	0.35	Milk,.....	10	0.03
Lard,.....	80	..	Lean meat,.....	13	15.0
Suet,.....	79	..	Mixed,.....	22	18.0
Butter,.....	65	..	Soup,.....	75	0.75
Wheat,.....	39	2.00	Apricots,.....	..	0.17
Rye,.....	33	1.00	Peaches,.....	..	0.93
Oats,.....	40	2.00	Cherries,.....	..	0.57
Rye Bread,.....	31	..	Gooseberries,.....	1	..
Peas, dry,.....	36	39.0	Apples,.....	45	..
Peas, green,.....	42	4.00	Beef, roast,.....	53	15.0
Beans,.....	83	33.0	Veal, roast,.....	52	14.0
Lentils,.....	87	33.0	Venison,.....	53	15.0
Potatoes,.....	11	0.36			

FOOD FOR CATTLE.

Serious sickness, dyspepsia and a life long train of ills sometimes follow the use of flesh from poor, old, hard worked and diseased animals; it is then of some importance to know how to feed and fatten them properly, and to the best advantage, and to do this the first essential step is to know the relative value, the nutritiousness of various kinds of food, so that the meat when it appears on the table may be fat, healthy, tender and juicy. The following table is the result of carefully conducted experiments made and corroborated by the experiments of eminent chemists and is therefore reliable, as being approximately correct in the main. One hundred pounds of good hay affords as much nourishment to cattle which feed upon it as,

lbs.	lbs.	lbs.
43 of Wheat	68 Acorns	195 Boiled Potatoes
44 Dried Peas,	96 Red clover hay,	220 Oat straw,
46 " Beans,	105 Wheat bran,	262 Ruta бага,
49 " Rye,	109 Rye bran,	275 Green corn,
51 " Barley,	153 Pea straw,	280 Carrots,
56 " Corn,	153 Pea chaff,	339 Man Wurtzel,
59 " Oats,	167 Wheat or Oat chaff	346 Field beets,
64 " Buckwheat,	170 Rye or Barley "	355 Rye straw,
64 Linseed oil cake,	175 Raw potatoes,	504 Turnips.

FOOD FOR COWS.

German chemists have found the relative value of food for cows giving milk to be as follows. One hundred pounds of good hay contains as much nourishment as :

lbs.	lbs.
26 Peas,	250 Pea straw,
25 Beans,	300 Barley straw,
50 Oats,	300 Oat straw,
60 Oil cake,	350 Siberian cabbage,
80 Clover hay,	400 Rye straw,
80 Vetches,	400 Wheat straw,
200 Potatoes,	460 Beet root with leaves.

The English give their cows weighing a thousand pounds, eight pounds of good hay, thrice a day in winter. A cow which was given 27 pounds of hay daily, yielded in four days one quart more of milk than when she consumed only 21 pounds of hay; that is, the extra 24 pounds of hay in four days gave one quart of milk extra. While horses require eight per cent. of their weight good English hay a day, milch cows require only two-and-three-quarters per cent. A milch cow will not eat more than 25 or 30 pounds of hay a day, and if more milk is desired, it must be obtained by giving her richer food, that containing more oil, albumen, &c.

MIND LOST.

"Did you ever thank God that you had not lost your mind?" was the abrupt inquiry of a well-dressed stranger one day not long ago, in one of the busiest streets of great London. The time, place, and circumstances so took the gentleman thus addressed by surprise, that it was a moment or two before he could summon presence of mind enough to hesitatingly respond: "Why, no; I don't think it ever occurred to me in that light." "You ought to, for I have lost mine!" replied the stranger, who, passing hurriedly on, was soon lost in the indiscriminate tide of busy, bustling humanity.

What a calamity! The loss of mind—the loss of all intelligence—except for one fitful moment, as in the case above, and then to relapse into dread vacuity, to come out of it, not again for weeks, and months, and weary years, it may be; no recognition of the beautiful sunlight, the sweet songs of birds, the glittering stars of night! dead to all domestic ties; to the prattle of dear children; to all that binds to home, kindred, and friends; to be always, as the deranged are for a large portion of their time, as in a troubled dream, where ideas are mixed in strange combinations which the intellect, now so weak, is vainly striving to arrange and disentangle and comprehend; trying ever so hard to grasp something that is clear, definite, and tangible, but trying uselessly! Once, when a child, we were shown into a room of an insane asylum, where there were half a dozen women; on the instant of entering, one of them dashed at us like a mad hyena, with seething words hissed through clenched teeth! But the keeper was immediately behind us, and the poor thing slunk away into a dark, distant corner, and cowered down upon the floor, as if preparing to ward off the merciless blows of authority; such being the mode of dealing with the unfortunate demented in those early times. Another one, more gentle, was pointed out as the mother of a family of children, seven in number she said, and then voluntarily began to repeat their names; but she could never remember more than five at a time; then she would begin again to count them on her fingers; at no effort did she repeat the same name twice. She seemed to be painfully feeling for the other two, as if she wanted them to be all present to her mind at once; and we left her still making the vain effort. In the light of these facts, while the reader resolves that it shall be hereafter a frequent subject of thanksgiving to the Merciful One, that he has not lost his mind, let wise and consistent efforts be made to avoid those causes which are known to be capable of producing such irreparable calamities; because, if we bring misfortunes on ourselves, we must bear the crushing curse of the same to life's last and bitter end. Restrain all base passions; keep all the appetites in rational control; harbor no malice; cherish no revenges; brood not over circumstances connected with wounded feelings; if wealth takes wings, go lovingly and trustingly to the great Father of all to "give us this day our daily bread"; and if fair-weather friends forsake, cling the more to Him who sticketh closer than a brother; looking hopefully at the same time, and laboring diligently in good-doing to others, for the reward which awaits the faithful beyond the gloom of the grave. So doing you will never bemoan a "Lost Mind!"

ELEMENTS OF FOOD.

The ultimate ingredients of all food are carbon to warm, and nitrogen to make flesh. Some have no carbon, others no nitrogen, some have both in varying proportions, all have water or waste from five to ninety per cent. The table below is the result of the researches of the ablest chemists of the age. The amount of solid matter in an article of food, does not mean that amount of nutriment, for a portion of it may be woody fiber, or waste, or lime, chalk, iron, or other mineral. The cipher indicates that not one per cent of the element is found; n.a., not ascertained; blanks, mean no published or reliable statements have been made. The more water, the more waste, for even woody fiber and iron have their essential uses in the system. This and other good tables in this volume should be regarded as merely approximative; they are not so much intended to live by as for guidance in diseased conditions; for example, if constipated, it is better to use rough food, such as has much waste and little nutriment, as fruits, berries, and the like; concentrated food, as boiled rice, is best for loose bowels; syrups, and oils, and milk cause biliousness and fevers; soups, as berries, fruits, and cold slaw, cure fevers. It is safer, however, especially, in health, to eat by instinct rather than by rules or scientific tables.

In 100 parts of, there is per centage of	Solid matter.	Water.	Carbon.	Nitrogen.
Arabic, gum,.....	88	12	36	0
Artichokes,.....	28	80	9	0
Apricots,.....	25	75		n.a.
Arrow-root,.....	82	18	36	n.a.
Almond oil,.....	100	0	77	0
Butter,.....	83	17	66	n.a.
Bread,.....	68	32	31	n.a.
Beans,.....	87	14	38	n.a.
Blood,.....	20	80	10	3
Beef, fresh,.....	25	75	10	8
Beef tea,.....	2	98	—	n.a.
Cabbage,.....	8	92	—	0
Carrots,.....	12	88	—	0
Cherries,.....	25	75	—	—
Cucumbers,.....	3	97	—	—
Candy,.....	90	10	43	0
Egg, white of,.....	20	80	—	—
Egg yolk,.....	46	54	—	—
Fish, average,.....	20	80	—	—
Figs,.....	84	16	—	—
Gooseberries,.....	18	81	—	—
Hog's lard,.....	100	0	79	0
Isinglass,.....	92	7	—	—
Leguminous seeds,.....	0	0	37	—
Lentils,.....	84	16	37	—
Manna,.....	—	40	—	—
Mutton suet,.....	100	—	70	0
Milk of cow,.....	13	87	—	—
Milk of ass,.....	8	92	—	—
Milk of goat,.....	13	86	—	—
Olive oil,.....	100	—	77	—
Oats,.....	79	21	40	2
Oat meal,.....	93	7	—	—
Oysters,.....	13	87	36	—
Peas,.....	84	16	—	—
Potatoes,.....	24	76	11	—
Peaches,.....	20	80	—	—
Pears,.....	16	84	—	—
Poultry,.....	23	77	—	—
Rye,.....	83	17	39	2
Sugar, average,.....	—	—	42	0
Starch average,.....	84	16	36	0
Wheat,.....	86	14	39	2

WORTH KNOWING.

IN household economy a great mistake is often made in the oversight of the fact that the same number, or measure, or weight of the same article, does not always give the same amount of yield, or nutriment.

In every three tons of coal, stove, range, or grate, passing your door from different yards, and to the casual observer all looking exactly alike, there is a difference in their heat-producing value up to as high as one half. Some coals clinker badly, others contain a great many thin flat pieces, but when put in the fire turn white; coal dealers call this "bone," as it has something of the color of burnt bone, it has no coal in it, and is a clear loss. Good coal will not have three pieces of "bone" in a whole day's burning; sometimes the grate is half full of these white pieces by bedtime.

Eggs are of different sizes. In any basket of eggs, the twelve largest and smallest will make a difference of perhaps one third or more.

When we purchase apples by the bushel, we get about the same number of pounds whether they be large or small, and so with potatoes, but there is more nourishment in the Mercer than in the Cusco variety, yet it is to the interest of the farmer to cultivate the "Cusco," even if he sold them at half price, because planting each variety in the same soil, one acre will yield ninety-one bushels of the Jersey Mercer, while two hundred and forty bushels of the Cusco potato was the product of the adjoining acre, tilled in the same manner, as reported by Mr. Williams, at the Farmers' Club of the American Institute, in New-York City.

A piece of "roast beef," in the process of cooking, loses fifteen per cent; if boiled, it loses only eleven per cent. If a leg of mutton is roasted, it loses twenty-five per cent, but only ten per cent, if boiled. So that if you want a "roast" for dinner, beef is cheaper than mutton at the same price per pound, although mutton is four per cent more nutritious than beef.

Wood.—Very few persons are aware of the wide difference between the amount of heat yielded by the different qualities of wood, and as wood is sold by measurement, while its value for giving out warmth is determined by its weight, each kind being equally seasoned and dry, it is well to be posted as to these points.

One cord of dry hickory wood will keep up a certain amount of heat for one hundred days, while a cord of pitch pine will last only thirty-five days, and a cord of white oak ninety-one days; a ton of Lehigh coal will last ninety-one days. "Charcoal is charcoal," all kinds are alike as to color; but a ton of pine charcoal lasts seventy-five days; maple, one hundred and fourteen days; oak, one hundred and sixty-six. In the light of these statements, families may save a good many dollars every year.

“DIRTY CHILDREN.”

THERE is an undefined impression left on the minds of many, in passing a group of chubby-looking children playing in the street or by the roadside, bare-footed, bare-headed, and ragged, begrimed with dust or mud, that “dirt must be healthy.” And when there is noticed around the cabins of the country poor, or the shanties in the city outskirts, a crowd of ragamuffin urchins of all sizes, like the regular gradations of a ladder, another notion is almost formed, in distinct words, that “poverty is healthy” as well as dirt, as the having a house full of children is taken as proof of vigorous constitutions on the part of the toiling parents. Taking New-York City as a guide, the official reports for 1863 show that of every ten deaths, seven are foreign, although just half the population is foreign-born; and as a class, foreigners are the poorest and the filthiest of all American large seaboard cities; of course, there are notable exceptions. It is known that those who live on their daily wages, average eleven years less of life than those who are well to do. So that poverty is as far from being healthful, as it is from being agreeable. Of one thousand children dying under one year old, nearly three fourths were born of foreign parents; two thirds of all the children dying on the day of their birth, were of foreign parentage. Of those dying from one to five years old, three fourths were born of poor people. Of nine children, Queen Victoria lost none. The constitutions of royal pairs may not be as vigorous as those of two young laborers, but exemption from exhausting toil, and their ability to command roomy residences, well-ventilated chambers, and the strictest personal cleanliness from earliest infancy, more than counterbalance other unfavorable circumstances. So far then from poverty and filth being elements of health and long life, they are the very reverse; they directly induce premature death as to grown-up persons, and sow the seeds of fatal diseases in innocent childhood. During the first week of August, 1864, in New-York City, four hundred and forty-four children died; of which four hundred and four were of foreign parentage, and only forty were born of native parents; that is, ninety per cent of the children dying in New-York, nine out of ten, are from the abodes of poverty and untidiness. Fifteen thousand children died in New-York during 1864, of which eighty-eight per cent were the children of foreigners, and twelve per cent of native parents.

SALT RHEUM

Is a disease of the blood; it is an effort of nature to push out of the system, through the skin, that which, if retained, would work mischief; hence any external application, calculated to heal it up or drive it in, is unnatural, unwise, and mischievous under any circumstances. There are states of the system in which a hasty "healing up" may be followed by long, painful and dangerous attacks of illness; on precisely the same principle that the "striking in" of measles or any other "rash" endangers life. Hence incalculable mischief is often caused by heeding newspaper articles, such as the following: "Petroleum, crude or refined, applied thrice a day to the part affected with Salt Rheum, is an effectual and speedy cure." This is called a "simple" remedy, because all are familiar with the article. The Salt Rheum may disappear under such applications, but how many in a short time afterward are attacked with violent diseases, can never be known, and no inquiries are made to that effect. There is only one safe general rule as to breakings out on the skin, and that is, consult the family physician at once. The next best plan is, keep warm in bed in a cool, well-ventilated room, drinking warm teas, into which has been broken the crust of cold wheaten bread. This is the safest, the best and most efficient course of treatment for all "breakings out" on the skin. All external applications are uncertain, worthless, or injurious, as far as skin affections are concerned, except so far as they tend to keep the skin soft, moist, and natural. Nothing does these things so uniformly and so well as lukewarm water, or milk and water, half and half. A little grease from a candlestick was advised to be applied to a little pimple on the child of Judge N., our neighbor. It began at once to inflame, and death ensued in twenty-four hours.

MEDICAL SCIENCE.

AFORETIME it was a favorite saying that it needed only to have the "gift of gab," to make a good lawyer; to have power in the pulpit, a man must be thoroughly educated, have full faith in his doctrines, and a heart big with love for all of woman born; but to be a doctor, it required only to have a gold-headed cane, look wise, and say nothing. But times have changed; the people have become better informed, and the owl is no longer king, or high potentate. Many inquire with great earnestness, How does a doctor know what to do? and look at him at the bedside with a kind of wonderment and awe. The best method of becoming a successful practitioner is to cultivate the power of observation; but it must be done closely and correctly, and then, by the application of a sound judgment, the way to eminence is clear and certain. Many persons think that there is a great deal that is hap-hazard in the practice of medicine, but if they knew a little more, they would view it with admiration and with increasing interest, for the certainty and beauty of its operation. There are in the human system a number of "glands," which are really manufactories, workshops, or wheels, all of which must be kept in operation, or the man dies; the machinery of life stops as certainly as a clock ceases to tick, the moment one of its numerous wheels ceases to move. There is, however, this difference in the wonderful human machine: when one gland, or wheel, is out of order, some other gland or wheel will, for a while, act as a substitute, as if to give the ailing one a little time for rest; but if it does not, after a while, resume its operations, all the glands take alarm, and the machinery of life stops forever.

There are many beautiful illustrations of this fact, of constant occurrence, yet unobserved, except by the educated physician. The skin is a gland, so is the liver, and so the kidneys, manufacturing, respectively, "Perspiration," (sweat,) Bile and Urine. If while the skin is in active working order, delivering sweat-drops at every pore, these pores are closed suddenly, the wheels stop, the perspiration is "driven in," and must be worked out of the system by an increased amount of water thrown off through the kidneys or a sudden looseness of bowels; otherwise, a bad cold is the result and the water is passed off through the lungs in the shape of a thickish, pearly-looking phlegm or heavy, yellow matter. When the checking of perspiration, or the stopping of the working of a gland, is too sudden, death occurs in a few days, or even hours. Suppose, for example, the bowels are acting freely every few hours, and any thing is given to check them all at once, within the hour, a stroke of apoplexy in adults, and convulsions in children, sends them to the grave. It is the nature of opium in all its forms to stop the working of all glands in the system, hence it ought never to be given except to gain a little time to bring the system under the operation of other remedies which are radically curative. Opiates only alleviate; they smother, they hide the black spot on the wall like whitewash, but it is there still, it is only hidden; they eradicate, they cure nothing; their essential nature, their inevitable effect is to cause every gland in the system to work more and more sluggishly until the wheels of life move no more.

POPULAR FALLACIES.

THAT warm air must be impure, and that, consequently, it is hurtful to sleep in a comparatively warm room. A warm room is as easily ventilated as a cool one. The warm air of a close vehicle is less injurious, be it ever so foul, from crowding, than to ride and sit still and feel uncomfortably cold for an hour. The worst that can happen from a crowded conveyance is a fainting spell; while, from sitting even less than an hour in a still, chilly atmosphere, has induced attacks of pneumonia, that is, inflammation of the lungs, which often prove fatal in three or four days. It is always positively injurious to sleep in a close room where water freezes, because such a degree of cold causes the negatively poisonous carbonic acid gas of a sleeping-room to settle near the floor, where it is breathed and rebreathed by the sleeper, and is capable of producing typhoid fevers in a few hours. Hence, there is no advantage, and always danger, especially to weakly persons, in sleeping in an atmosphere colder than the freezing-point.

That it is necessary to the proper and efficient ventilation of a room, even in warm weather, that a window or door should be left open; this is always hazardous to the sick and convalescent. Quite as safe a plan of ventilation, and as efficient, is to keep a lamp or a small fire burning in the fire-place. This creates a draft, and carries bad airs and gases up the chimney.

That out-door exercise before breakfast is healthful. It is never so. And, from the very nature of things, is hurtful, especially to persons of poor health; although the very vigorous may practice it with impunity. In winter the body is easily chilled through and through, unless the stomach has been fortified with a good warm breakfast; and in warm weather, miasmatic and malarious gases and emanations speedily act upon the empty and weak stomach in a way to vitiate the circulation and induce fever and ague, diarrhea, and dysentery; entire families, who have arranged to eat breakfast before leaving the house, and to take supper before sun-down, have had a complete exemption from fever and ague, while the whole community around them was suffering from it, from having neglected these precautions.

That whatever lessens cough is "good" for it, and, if persevered in, will cure it. On the contrary, all coughs are soonest cured by promoting and increasing them; because nature endeavors by the cough to help bring up the phlegm and yellow matter which is in the lungs, as the lungs can not heal while that matter is there. And as it can not be got rid of without coughing, the more coughing there is, the sooner it is got rid of—the sooner are the lungs cleared out for the fuller and freer reception of pure air, which is their natural food. The only remedies which can do any good in coughs are such as loosen the phlegm, and thus less cough is required to bring it up. Those remedies are, warmth, out-door exercise, and any thing which slightly nauseates.

CHURCH VENTILATION.

MANY persons have gone to church, taken cold, gone home, and died in a few days, from sitting in an ill-warmed or ill-ventilated church, arising from the inattention or ignorance of sextons or indifference of church-officers; hence tens of thousands are interested to the extent of life and death in the perusal of these few lines. Perhaps three persons out of four, who attend divine service on the Sabbath-day, are conscious, within two minutes after taking their seats, that they have been in a hurry; that both mind and body have been more or less in a turmoil; they have been hurried in getting to church in time; the result is, they are overheated, that is, the body is in a state of warmth considerably above what is natural, and if in this condition they sit still, even for ten minutes, in an atmosphere cooler than that of out-doors in summer, or below sixty degrees at any time, a cold is the result, slight or more severe, according to the vigor and age of the individual. What would give but a trifling cold to a person in robust health, would induce inflammation of the lungs, called by physicians pneumonia, in an old person, or any one of infirm health. Many a person has taken cold and died of pneumonia in three or four days, although in perfect health previously, by sitting a few minutes in a fireless room in winter-time. The danger is still greater if the room has been closed for several days; this is specially applicable to houses of worship. Within a few minutes after the benediction, at the close of the Sabbath services, the house is shut up, doors, windows, and all; the atmosphere of the building has been saturated with the breath of the worshipers; as it becomes gradually cooler, this dampness condenses and falls toward the floor, so does the carbonic acid gas, which is what becomes so unpleasantly perceptible on entering a sleeping-chamber after a morning-walk, and there is experienced a sepulchral dampness and closeness enough to chill any one on first entering the church, after having been closed several days. We once knew a gentleman, who was something of an invalid, to take a chill and die in a short time, from entering a warehouse in December, which had been closed for a week or two.

The practical conclusion is, that every church ought to have the windows and doors open for several hours, including the middle of the day, before it is opened for service. In cold weather, preparatory to the Sabbath service, this ventilation should be secured on Friday, and early on Saturday mornings fires should be built and steadily kept up, day and night, until the Sabbath services are concluded. A thermometer should be kept hanging about five feet from the floor, near the center of the building, and the mercury should be kept at about sixty-five or seventy degrees in fire-time of year—better seventy than under sixty-five.

COUGH,

LIKE pain, is the faithful sentinel giving timely warning of approaching danger ; it never raises a false alarm ; it never comes without an adequate cause, and if it were promptly heeded and properly treated, myriads of lives would be saved, and an incalculable amount of sickness and suffering would be prevented every year. Cough ought always to be encouraged, and yet an impression prevails almost universal that whatever "helps," that is to say, whatever lessens the cough, "does good," when in reality it is positively, directly, and always injurious, for the following reason, which will carry with it a resistless conviction, in every mind of even moderate reflecting powers. All know that when a crumb of bread, ever so small, "goes the wrong way," that is, passes down the wind-pipe into the lungs, there is an irrepressible tickling sensation felt in the throat, inducing a dry, spiteful, and persistent cough, which is continued until the offending intruder is cast out ; this crumb was in no part a portion of the lungs, nor was necessary to their healthful action ; it was a foreign body, and as such, was offensive, and its presence could not be tolerated ; this is a universal law of our being, that when any thing is in the body, which is not a part of it, nature, in one way or another, sets about ejecting it, and will keep at it for days and weeks, and months even, until the object is accomplished ; as proof, the issue of needles, pins, and other sharp substances at some inches and even feet from the spot where they entered. As to more blunt articles, bullets and the like, more or less discomfort is at first experienced ; but when they can not be removed, a kind of instinct seems to ascertain the fact, when a new process is set on foot, a gristly substance is thrown out and grows around the foreign body, incloses it in a prison, where it may remain innocuous, comparatively, for life. The lungs, in health, are always throwing out, manufacturing, a thin, mucilaginous-like liquid, near the color of the white of an egg, for the purpose of lubrication, so that they rise and fall at each breath with facility, without friction. This "mucus" is a part of the lungs, a part of their healthful product, and its presence causes no disturbance ; but a common cold falling on the lungs changes the color and consistence of this lubricating material, and it becomes yellow and thick ; and this being unnatural, becomes at once a foreign body ; nature grows uneasy and sets up a cough to aid in its ejection, as if it were a crumb of bread which had gone the wrong way. When a cough begins to dislodge this, it comes up in the shape of yellow matter ; the cold is said to "break," and the person begins to get well. Whatever represses cough, as all cough-drops, lozenges, troches do, only keeps this yellow matter longer in the lungs ; only protracts the cure ; but if kept in too long, nature makes the attempt to get rid of it in another way, by reabsorbing the yellow matter and throwing it into the general circulation again ; evidenced by a red spot in one or both cheeks, called "Hectic," at the same time night-sweats come on, and this is consumption in its last stages ! When will people become wise ?

DRUGS AND DRUGGERY.

THE longer an experienced physician lives, the more value he places on medicine as an agent for the removal of disease ; at the same time the less and less is he inclined to give medicine except in urgent cases, preferring to let nature put forth her energies to throw off the disease while he stands by and watches ; and if she is about to fail, then he helps at the nick of time by the faithful drug, knowing that there are cases where neither nature nor medicine could cure separately, but when their united power at the critical juncture is all-efficient to save a loved one from a premature and unnecessary grave. Blessings be upon every experienced, observant, and faithful physician ! for he deserves, everywhere, the confidence, the respect, and the warm attachment of every well-informed mind.

But the question is : How does a physician know what and when to give ? Observation and judgment are his guides, amounting in some cases to a degree of infallibility. In one respect an educated physician of long practice is as different from the multitude as day is from night. Most persons give their confidence to a remedy from a single observation of its efficiency, while, if it succeeds in several additional cases, he is carried away in his admiration of its powers, and before he is aware of it, he is recommending it to every body, and for every thing, and often goes so far as to advise those who are perfectly well to take it as a means of preventing all sickness ; thus it is that " popular remedies," as they are called, " have their day,"

" And straight are seen no more " !

The greatest vulgar enthusiast find his faith to waver in his favorite remedy on the very first failure ; and when that fails, he has no other resource and is powerless as an infant, because he has no idea of the principles of action ; this is real, pure, unsophisticated quackery. The true physician is not elated by one success, or a dozen, or a hundred, nor is he depressed by as many failures, because he has formed his opinions from the mass of evidence, and not from single cases ; in addition he knows the principles of action of all his remedies, and when one fails for want of power, or imperfection, or deterioration of materials, he takes some other remedy of similar modes and powers of action, and is constantly applying general principles, just as a good lawyer can apply a principle to a case whose like never appeared before ; like a good classical scholar who can tell the meaning of a word the first time he ever saw or heard it, whether of Greek or Latin origin. The physician may not be able to tell why a medicine acts so and so, but he knows the fact of its thus acting, as certain as his own existence, simply from repeated observations. Every thing taken internally as a remedy for a symptom, except natural food and drink, is a drug or medicine in the true sense of the word, however familiar the article may be, whether it be sea-water or tartar emetic, ashes, or strychnine ; and he who decries medicine is an unmitigated ass, a consummate fool.

S O R D I D .

A FINE-LOOKING old gentleman was walking along the splendid Fifth Avenue the other day, within a hundred feet of our dwelling ; the gay equipages of fashion dashed by with their beautiful occupants, as if it were some gala-day, and every day is like it now ; he was walking toward his princely mansion, and stooped to pick up a little rag, and turning half round, he motioned to his servant in livery, a few steps behind, to come and take it, and carry it home. If it had been a nail, or a piece of paper, or a splinter of wood, it would have been all the same, they could be used, and he could not bear to see any thing wasted ; the habit of saving had become so inveterate that it was a monomania ; in short, he was crazy. He may be seen any fine day, with his attendant at a respectful distance, ready at a nod to take any string or other waif that the street might furnish. His faithful wife, his elegant daughters, and his manly sons all humor him, for he was always a dear, good father and an affectionate husband when he was in his prime ; they love him still for what he was, and sincerely and afflictively commiserate him for what he is. But what an occupation for a millionaire and an immortal mind to feed itself upon rags and chips, and other like mean things ; to be doing this on the brink of the grave ; to do it daily, when, with a different culture, that same mind might be hourly feasting on the contemplation of love divine,

“All loves excelling,”

and the hopes of soon entering upon an immortality of bliss. But the habit of saving has so grown upon him by being cherished for a lifetime, that now it is his highest happiness, his idol, and his god ! The noble mind has been so tutored and so chained to the “filthy,” the sordid things of time, that it can rise no higher now, but must grope and grovel on until friendly death puts out the light of life forever. What young reader can say that his life shall not have such an ending ? There is only one safe, sure way of preventing the mind from making the body so completely its servant as to obey its mean, its sordid behests ; and that is, not to allow the habit of saving to become so inveterate as to eat out all the nobler instincts of the higher nature. Cultivate no one passion of the mind or appetite of the body ; divide your enjoyments and your indulgences, and in addition restrain them, otherwise they will gain such a power over both mind and body as to destroy both for time and eternity ; not to annihilate, but to prepare them for enduring that terrible state “of blackness and darkness forever.”

RESTLESSNESS,

WHETHER of body or mind, is a great calamity; it is a disease as to both. Forty years ago I saw the son of "the great commoner" walking in the inclosure of a lunatic asylum, and learned from an old school-mate, the other day, that "Theodore was walking still." Quiet, inoffensive, the forty years' journey is not yet finished.

I know a man with his millions; he earned them all by his own exertions; he sat him down to rest; but the mind, by its intense application, had acquired such a momentum, that the effort to stop it, made a wreck of it. It is always a dangerous experiment to retire abruptly from active business. That mind had to work on something; it could not stand "beating the air," and dealing with "vain thoughts;" it was necessary that it should have a tangible object; and for ten years that poor man has been sitting at his table, counting his gold and arranging it in piles, first on one side of the table and then on the other. He loves the occupation; he knows no other happiness, and has no higher joy; there he is, from one year's end to another, in a Massachusetts asylum, behind its grated windows, away from friend and home, and wife and children, counting his dollars; he gets no better, gets no worse. He eats and drinks and sleeps, then sits down to count and pile up, with as much apparent zest as if it were a new thing to a little child. Not only is his wealth lost to him, but life itself, and the great future. If we could know that it would be a mere blank, there would be some relief to the inquiring mind; but when disability comes, unfitting a man for any of life's duties, and for the great preparation needed to secure

"A mansion in the skies,"

is brought on by a prostitution of the noblest powers of the immortal mind by making gold

"A vile idolatry,"

there can not be an exemption from that "fearful looking for of judgment," which is the heritage of those who neglect the great salvation. But while we take satisfaction in reference to this, as well as other important questions of the same class, in the reflection, so sweet, so comforting, so worth all worlds, "Shall not the judge of all the earth do right?" let each reader for himself learn to follow the pursuits of life with a moderate, a wise ambition; "using the things of this world as not abusing them;" regarding them as a means and not an end—the means of having an opportunity of securing a treasure in heaven which moth and rust can not corrupt, nor thieves break through and steal.

PUNCTUALITY.

"THE want of punctuality is the want of virtue," was a favorite saying of our sterling old Puritan minister, the Rev. John McFarland, the model pastor of his time, when he wished to drum us all up, not only to attend the "Catechism class" every Saturday afternoon, but to have us present at the very minute, so as not keep the more punctual ones waiting. "You have no right," he used to say, "by being a minute too late yourself, to make another lose that minute by waiting for you; and that minute multiplied by all the members, makes a frightful loss of time; time which you have caused them to lose, without any benefit to yourself." What a trainer of children and youth and men he was! Nearly every boy in that "Catechism class" became a clergyman or a missionary; and every girl, not a name missing, either married a clergyman or lived to be "a mother in Israel;" there is Polly Hall, and Prudence Lilly, and Ann Alexander, and Jane Hamilton, and Isabella Sharpe, and others, with their bright, black eyes and sweet voices and dear, loving, friendly hearts. It is more than forty years ago now, and most of them are in heaven to-day; here and there one is left, but they are all blossoming for immortality; soon to be transplanted into the garden of the blessed, and by the still waters of the upper Eden, to grow and thrive forever!

But the boys, where are they? Of a large class, all but three, as we remember to-day, became ministers or stood high among, "the men of their time." Some are standing still, flourishing like green bay-trees; the shadows of their influence spreading across seas and continents. There's Harvey Lilly, and Thornton Mills, and William Alexander, and James Hamilton, and William Lyle, and Thomas Sharpe, and Robert Bishop, and a long list of other names of those who became good men and true, under Mr. McFarland's teaching in the Catechism and the Bible-class. The three exceptions never could be induced to attend with any kind of regularity; they took but little interest in psalms and hymns and spiritual songs; they all fill now dishonored graves; one died a drunkard; one shot his brains out; the third became the fear of the town, killed two men, was condemned to be hung, and to avoid it, killed himself.

Such are the results, in a moral point of view, of punctuality, or the want of it, in attention to the duties of life; and like high benefits will result physiologically to those who are punctual, regular, systematic, in all their bodily habits, of eating, sleeping, bathing, exercise, study, and recreation. Those who begin these things early in life, have the like characteristics to pervade their mental and moral nature, and grow up to be healthful in body, vigorous in mind, and reliable in society; they become men who can be depended on; you always know where to find them; in all their opinions they are clear, sharp, definite; are the pride of their parents, and an honor to any community.

PROVIDENCE

Is a "seeing before," is a provision for the future ; it is a word commonly employed as an attribute of the Almighty, in reference to that affectionate superintendence which he exercises over the creatures he has made, especially those who consistently endeavor to put their trust in him for guidance, protection, and support as to the affairs of life ; and thrice happy are they who have an immovable faith in such a care, whose whole souls go lovingly out in the expression :

"In each event of life how clear
Thy ruling hand I see !"

Those who most observe providences will have most providences to observe. These are the happy ones who learn at length to find light in darkness, joy in sorrow, and good in every thing ; these are they whose souls are always tranquil ; they have no tumults, no shocks, no boisterous griefs :

"Swift as their thoughts their joys come on,
But fly not half so swift away ;
Their souls are ever bright as noon,
And calm as summer evenings be."

Nine tenths of human sorrows arise from having a will different from that of the Almighty. Those who have not learned in faith and love to observe providences, find innumerable sources of irritation in what occurs around them ; they can't bear to be thwarted in any thing ; they know no will but their own, hence often find themselves "grinding in the prison-house" of impotent insubordination. To them the sun never shines as it ought to ; to them the summer shower, which all nature greets with gladness, never falls at the right time ; and there grows up in them a "root of bitterness ;" no joyousness in the countenance, no glad word upon the lips, no smile upon the face, no mirth in the eye. Such people are never well, either in body or mind ; and this is the point of the article, the cultivation of an habitual faith in the good providence of God as a means of physical health in giving ability to stand up under life's trials with a high moral courage, which sees a good in them in the distance, thus enabling them to battle manfully and hopefully against every opposition, against every obstacle, and against every discouragement. The thought of wife, children, and home many a time keeps life in the shipwrecked sailor at sea, and nerves him up to efforts which save him, and which otherwise would never have been made. Thus an habitual and loving faith that there is behind the clouds of life a smiling providence, imparts that moral courage which is the very element of success in life—an element which belongs to every man who is the architect of his own fortunes ; these are they who are "the men of their time," who stand out as the best supports of society and helpers of their kind. Thus waiting on Providence and loving their neighbor and living to purpose, they beautifully demonstrate that "godliness is profitable unto all things, having promise of the life that now is, and of that which is to come."

EVER THANKFUL."

A BEAUTIFUL theme, and admirably was it handled in a public discourse a few years ago by the Rev. Mr. Seovell, of Springfield, Ohio; and no wonder that his generous and affectionate people called for its publication. Great reason is there that we should be "ever thankful," thankful and humble too!

"Ten thousand times His goodness seen
Ten thousand times that goodness grieved."

"Thankful," as the good and loved and revered Dr. James W. Alexander used often to say in the opening Sabbath morning prayer, "for the proper use of our reason." Thankful that we live in a land where the glorious privilege is awarded to all of worshipping God according to the dictates of their own consciences, none being near "to make afraid." Thankful for being permitted to live under the freest and most glorious government on the face of the globe; glorious in its productiveness, glorious in the extent of its territory, in the beauty, variety, and healthfulness of its climate; for its churches, its free schools; and glorious as a power to be feared and respected among the nations of the earth.

Thankful am I for house, and home, and safe abode; thankful that all my children are spared to me in affection and lovingness, and uninterrupted good health for another year; renewedly thankful every morning to hear the quick patter of their little feet, from bed to fireside, overhead, being the first telegram of the morning that another night has been passed in safety, and that they have awaked again to health and joyousness; thankful ever and as often as we meet around the breakfast-table, without a cloud upon their brows, and not a murmur from their lips; thankful for the good warm breakfast of a winter's morning; thankful for the appetite to eat it, and thankful truly that there is no unpleasant reminder thereafter, telling of dyspepsia and its thousand horrors; and not less thankful, in the after part of the day, that they have returned from school without disaster or accident, and though looking weary enough for the exercise of six hours' study, which the inconceivable stupidity of school directors continues to impose on minds just budding into strength, yet soon waking up, in the prospect of a good dinner, an afternoon's play, and music, and laughter, and mirth around the blazing fire in the parlor, while the howling of the winter wind through the lattice, and the beating of the sleet on the pane, and the street lamps glimmering in their loneliness through the piteous darkness, by contrast increase the comfort and add to the genial joy; thankful for the privilege of living as a candidate, not for the "White House," but for one of those mansions in the skies, which the Lord Redeemer has gone before to prepare for all who live and die faithful to him, his honor and his cause. Reader! it is worth while to cultivate a thankful disposition. It mitigates life's sorrows, it intensifies every gladness, it sweetens sleep, invigorates digestion, and tonifies the whole man. Both body and soul are benefited largely and always by the cultivation of a thankful nature, and its sweet influences spread around from heart to heart, making, in truth, oftentimes, a young heaven here below; and for the new year, so soon to dawn upon us, let us all resolve, in reference to that Eye which, in kindness to us, "never sleeps," to be

"EVER THANKFUL."

FOUL ODORS.

It is of vital importance, especially in warm weather, when any disease prevails in a community, to keep the air as pure as practicable ; under such circumstances every man owes it to himself and to neighborly comity, to keep his own premises as perfectly clean and pure as possible, and to do this with as little trouble and expense as possible ; the following suggestions are made :—A deodorizer simply makes a bad smell imperceptible (see tract 154.) A disinfectant separates the odor into its original elements, and makes new combinations, new substances, which are hurtless. Fresh burned lime, called unslacked or quick lime, is the most common disinfectant, dissolved in water until it is thin enough to be sprinkled, or used with a brush.

Copperas, called green vitriol or sulphate of iron, is better than lime ; a pound costing half a dime, dissolved in four gallons boiling water, and thrown into a privy or sink, will remove the odor in ten minutes, to be repeated two or three times a month in warm weather, or as often as any odor is perceptible.

Hydrated per-chlorido of Iron, i. e. Copperas roasted and made into a paste, one pint to ten pints of water, is perhaps the most efficient deodorizer and disinfectant known.

Chloride of Lime, sprinkled over damp places, in yards, cellars &c., cleanses and purifies, but it has an odor of its own and is supposed by some to be hurtful.

A layer of fresh burned charcoal in powder, two or three inches in depth, over a heap of decaying offal, absorbs the odor, decomposes it and burns it up.

If this cannot be had, a layer of fresh earth, six inches deep, confines the odor, of decaying matters, but does not destroy them, and is good for temporary use until better substances can be obtained. Sulphurated Hydrogen has an odor similar to that of rotten eggs ; it arises from sinks, privies, and heaps of decaying animal and vegetable matters—it is that which blackens our door plates ; it is effectually decomposed and destroyed by the Hydrated Per-chloride of Iron.

The manganates of soda or potash, dissolved in warm water are among the best deodorisers and disinfectants.

To disinfect linen, or washing apparel, soak it in a mixture of one ounce of Chloride of Lime, in a gallon of water.

Woolens, bedding, &c., which cannot be washed, are best disinfected by exposure for three or four hours in a chamber, heated to two hundred degrees.

To disinfect rooms, wash the ceilings and walls with quicklime water, and scrub the woodwork with brush, soap, and hotwater, and then wash with two ounces of Chloride of Lime, dissolved in a gallon of water.

Scientific experiments seem to indicate that great good results in rooms, where there is small pox and other diseases giving out organic poisons, by putting some Iodine in a box with a lid full of holes, the fumes soon pervade the room, giving a violet tinge to some household implements.

Glass and stoneware after being scrubbed with sand and soap are deprived of all ill odor by shaking dry charcoal powder in them.

PREACHING EASILY.

No physiological fact is more clearly established than that a night of good sleep rests the body and invigorates the brain; hence, persons in ordinary health after sleeping soundly arise from their beds in the morning with an amount of bodily and mental power proportioned to the time and healthfulness of the sleep. Extensive medical observation shows also that, whether in animals or men, sleep is most nutritious, most invigorating, when taken during the two or three hours before and after midnight. No one denies that it is a clergyman's duty to use these indisputable facts practically. The first step then to be taken by a faithful and earnest worker in the ministry, as a means of enabling him to make the most of every Sabbath day, is to go to bed about nine o'clock on Saturday evening, for he has no right to intrench on the hours of God's day in preparation for the active work of that day. He should not go to sleep after waking up in the morning, if it is day-light; nor is it best to get up at once, but to remain in bed until there is a feeling of rest all over the body, and as if it would be a relief to get up and wash and dress. Having secured a good degree of vigor with which to begin the Sabbath day's work, he should use it economically, wisely; he should husband his strength, by not putting it forth unnecessarily nor lavishly on the earlier service, but seek to distribute it over the whole work of the day. If all the "vim" is exhausted on the mornings discourse, both preacher and people will necessarily be over-sleepy in the afternoon, and half a Sabbath, with its glorious and fleeting privileges, is lost forever.

Every word uttered, every note sounded, even the crook of a finger or wink of the eye, is at the cost of power; a wink is not much, but a dozen or two winks in quick succession produces appreciable fatigue or tiredness. Hence a clergyman will speak easier, if, until he enters the pulpit, he does not speak a sentence, or sing a line, or make a nod. And even if he takes his breakfast alone and comes alone to church, power is husbanded, besides the very great advantage of a greater mental concentration on the subject of the discourse, and those affections and feelings of responsibility which ought to reign dominant when a man feels that he may be delivering his high message for the last time, or that for the last time it will come to some hearer, and, if not improved, will allow his unchangeable doom to be sealed—forever!

Any conscientious hearer of the word will find by experiment, that if the time up to the morning service is spent in quietude of body and mind, he will sing the first hymn with more alacrity and will enjoy it more deeply than if he had sung several hymns before, or had been engaged in a way to require bodily or mental effort.

When one, two or three hours only intervene between sermons, nothing should be eaten but some cold bread and butter, with a cup or two of any kind of hot drink; the former not to feed, but to sustain; the latter to impart the stimulus of warmth to the whole system. If a sermon is to be preached soon after a hearty meal, both speaker and hearer will be sleepy, while the mental effort necessary to deliver the discourse, withdraws so much of nervous power from the stomach that the food cannot be properly digested; and when repeated as a habit, chronic dyspepsia is engendered to burden the body and depress the mind for the remainder of life. These are not mere theories, but are from the experience of one who nearly a quarter of a century ago was able for two or three times a day, for months in succession, to speak extemporaneously, without apparent effort.

DOMESTIC CLEANLINESS.

On one occasion sickness prevailed in a family, which failed to obtain relief from any of the various remedies administered, but upon one of the panes of glass being broken and not repaired, an immediate improvement became apparent, resulting in ultimate good health.

In a fishing town in Cornwall, England, some of the houses in the narrower streets were in such a filthy condition from the negligence of those who occupied them, that the sanitary inspector considered it necessary to require the inmates to move into an open field, many of whom were already sick of cholera; they immediately began to improve; meanwhile the houses were cleaned out, swept, washed, and then thoroughly whitewashed; but no sooner had the families moved in, than the disease began to spread and assume a more malignant character; the people were again removed to the field, to sleep and cook and eat in the open air, when the same prompt improvement in their condition was manifested. It seemed that although the houses were cleansed, the yards and gardens around had been the recipients of offal of various kinds so long, that the very earth was saturated with the elements of disease.

Cases are recorded in standard medical books, where whole families have been stricken with disease in a few days; and examination discovered that the house drains had given away, and emptied themselves partially into the well from which the family derived all its supplies of drinking and cooking water. This was also the case in two English prisons, causing within a day or two, an epidemic dysentery throughout the establishment, which immediately ceased on a supply of better water.

The difference between cleanliness and the want of it, about a house, is demonstrated in some of the model lodging houses in London, standing in the midst of unhealthful surroundings; for in these houses the number of deaths is just half as many as in the immediate neighborhood.

It may be well to know what is an excess of sickness or death in any locality. In the Isle of Wight, one of the healthiest places on the globe, in a promiscuous population, for every thousand persons, fourteen died in the course of a year, from the ordinary sicknesses of humanity. In the model lodging houses, above referred to, about thirteen die out of a thousand, annually; while there are twenty-seven deaths among the surrounding inhabitants. In some portions of the British Army, where sanitary officers are scientific and conscientious men, only nine persons in a thousand, died annually; and in some of the best regulated prisons, in England, the death rate has been reduced to five in a thousand, a year, but in these last instances there are no children. In ordinary cases of soldier or prison-life, in what may be called "a standing army" or barrack life, not more than twenty persons in a thousand should die in a year, because in one sense they have nothing to do, but to keep their persons and habitations most perfectly clean.

In England twenty-two persons die annually out of each thousand; in the United States twenty-four. For each person who dies twenty-eight are sick. It is estimated that each death is equivalent to one person being sick for two years. Two hundred years ago eighty persons died out of a thousand annually in London, one hundred years ago fifty; and now, twenty-two, showing clearly, that as the intelligence of a people increases, as to the laws of health, sickness and death proportionably abate.

CHOLERA PREVENTED.

There is no disease known to man, which is so easily, so certainly, and so infallibly cured, as epidemic Asiatic Cholera; nor is there any other important disease which can be so certainly and so soon discovered in any particular case. The great predominant symptom is a large, painless, weakening looseness of bowels; this is not the premonitory symptom of cholera, it is cholera begun! Quietude on a bed, composure of mind, and a plain, nutritious diet, will always arrest the disease, if these measures are adopted as soon as the bowels are observed to have acted two or three times within the previous twenty-four hours.

Everything swallowed to prevent cholera, will infallibly increase the chances of an attack, because all such things are stimulant in their very nature; in this stimulated condition, the body is proof against an attack, but the moment the reaction begins to take place, the moment its effects begin to die out, that moment the system begins to go down towards the natural point, but it does not stop there, it goes just as far below that, as the stimulus raised it above, and it is at this lowered point, that the disease invades, and with a malignity, intensified in the direct proportion to the amount of stimulation.

It is everywhere known that cholera most prevails where, in common times, fevers most abound; and it is just as certainly known, that the cause of epidemic fevers is most powerful at sunrise and sunset, therefore, let persons remain in doors between those hours, which includes the time between supper and breakfast.

Cholera never attacks the body, except in its time of weakness; hence, as from the fast of the previous twelve or more hours, the body is weakened, breakfast should be taken before going outside the door in cholera times, especially as breakfast strengthens the stomach, and gives it a power of resistance against the poisonous qualities of an infected night air, and for the same reason, when the body is weak and tired by the labors of the day, it should not only be kept from the night air, but should be fortified by a warm and early supper.

Exposure to the hot sun of a summer mid-day should be avoided, nor should any labor or occupation be continued until exhaustion. The time to stop work is when the feeling of tiredness first begins to force itself upon the attention.

Eat only plain nourishing food, such as meat, bread, rice, the starches, with milk, eggs, oranges and lemons. As fruit and vegetables in cities are sure to be more or less stale before they can be used, it is better to discard them altogether.

Personal cleanliness is imperative, and scarcely needs to be insisted on. But all these things are useless against uncleared houses and yards. Each householder should make it a matter of conscience to keep his dwelling and place of business scrupulously clean from cellar to attic, and from the middle of the street to the rear line of his lot.

Do not let the mind be perplexed by questions as to the contagiousness, or portability or in infectious nature of cholera, or as to the value of a quarantine, for none of these things will, of themselves, prevent an attack of cholera in any case; but bear in mind always, that perfect and infallible exemption will be the result of personal and domiciliary cleanliness, of a plain and regular mode of living, and of a composed, confident and fearless mind.

FEAR OF CHOLERA.

There is something in the air we breathe, which makes the system susceptible of cholera. But as powder is susceptible of explosion, but cannot explode unless a spark of fire is applied, which spark is the immediate cause of the explosion, so a cholera atmosphere will not cause cholera in any case, unless an immediate cause is applied, capable of bringing out the actual disease, and which would not have been manifested without such application.

H. J. Phillips, Surgeon in the U. S. Army, relates in the Medical and Surgical Journal for November, 1865, that while he was stationed at the Military Hospital, at Valetta, on the Island of Malta, in 1855, a sentry was placed on duty, in the passage of a cholera ward, unexpectedly. As soon as he learned that some cholera patients had been brought into the building, he became so alarmed that he was obliged to be relieved, nothing that could be said had any effect in quieting his fears, and he died of the disease within a few hours.

An engineer who had seen persons in the stage of collapse, when the skin is almost black, or of a dark leaden hue, bad, in working among the machinery in a dark room, unconsciously discolored his hands and arms; on coming to the light he immediately perceived the discoloration, and imagining that it was the cholera, he died the same day.

It has been stated that permission was given by a despotic government to take ten men condemned to death; five were put in beds where cholera patients had just died, and five in fresh beds; they were informed the reverse of the facts; the next day the men who had slept in fresh beds were attacked with cholera, and those who occupied the other beds escaped any attack. A wheeling Editor, with a view to testing the fact of the communicability of cholera, went on board a steamboat in the evening, wrapped himself in the bedding, in which a man had just died of cholera, and remained in it until next morning and was not attacked. These facts show that fear, when cholera is prevailing can excite an attack, because fear relaxes the whole nervous system, it has a most prostrating effect. Cholera is a universal relaxation. Cases are very common where under sudden depressing excitement diarrhoea takes place, and cholera is only an exaggerated diarrhoea. These things prove clearly that when cholera is prevailing in a community, the timid should be promptly removed to some locality where it is not prevailing, and this will be their safety. It does no good and is rather tantalizing to say to such, there is no danger; they cannot help their fears, and as long as these exist, there is very imminent danger, and the sooner they are removed to some exempted place and thus regain their equanimity the safer and better. Let the removal be made cheerfully, without opposition, without impatience or moodiness, and the results will be that much more gratifying. The lesson of the article is, whatever depresses the mind, whatever unpleasantly affects it, can excite the disease within the hour, while a calm courage and self-possession, can defy it.

EMERGENCIES.

If any thing swallowed by mistake causes an intense burning in the throat, it is probably a "corrosive" poison, that is, destroys the textures with which it comes in contact, send for a physician. Meanwhile swallow instantly half a glass of sweet or of sperm oil, or melted butter, or lard, whichever is most convenient to use, and then, within five minutes, half a pint of water in which has been stirred a tea spoonful each of common ground table mustard and salt.

When a poison has been swallowed which has no special effect on the throat, but causes sickness at the stomach, faintness, drowsiness, stupor, or any other strikingly unusual or unnatural feeling, swallow instantly the whites of two or three eggs, and, as quickly as can be prepared, half a pint of coffee made thus: On a tea-cupful of ground coffee pour half a pint of boiling water. Stir into it the white of an egg. After allowing it to rest a minute or two, pour the liquid into a cold cup, and when it is not too hot, drink it. Then, within five minutes, pour a glass of water on a tablespoonful each of ground mustard and table salt, stir and drink it at once, so as to prevent the mustard from settling on the bottom of the glass. The egg in the stomach more instantly antagonizes a large number of poisons than any other known substance; the coffee acts thus on the next largest number of poisons; while the mustard mixture relieves the stomach of the whole of its contents by vomiting more instantly and safely than any other familiar compound. This prescription has the incalculable advantages of being always at hand; its constituents are familiar to every one; and are perfectly harmless in any quantity likely to be taken.

If a person faints, place him on his back and let him alone until he "comes to," for the heart ceased to beat with force enough to carry purified blood to the head, and when it begins to beat again, it requires less power to propel the blood there when the person is lying down than when he is in a sitting or standing posture. Cutting garments, dashing cold water, or pouring brandy down the throat are unnecessary interferences.

If any part of the body is scalded or burned, put it instantly under cold water, and let it remain there until the physician arrives. The cessation from pain is nearly always instantaneous. If a physician cannot be obtained within an hour or two, apply a handful of dry flour to the burned part until it is covered a quarter of an inch or more deep, so as effectually to keep from it the air which causes the pain of a burn. Tie a piece of linen or cotton cloth lightly around, if it is possible to do so, and let the patient go to sleep. If the burn is very severe let him live wholly on coarse bread and fruits in any shape or form, but not sweetened. If the burn is not deep, there will be no suffering; healing will commence in a few hours, and, as new skin forms, the flour will drop off, or may be moistened with warm water and carefully removed. This is the best, safest and least painful treatment for ordinary burns and scalds.

EXTEMPORANEOUS SURGERY.

Even young children should be taught how to act in some of the accidents of life which require surgical skill. The arteries of the body carry the life's blood from the heart. If one of these is ruptured from any cause, and the blood is allowed to escape, the man will die within a few minutes sometimes, when with the aid of a stick and a string or handkerchief, either of which are almost always at hand, his life might be saved. If the severed artery is in the leg or arm, and there is no string at hand, tear a strip from any part of the clothing, tie it loose around the limb, pass the stick between the skin and the string and twist it round until the bleeding ceases. If a vein is wounded or cut, apply the dust from a tea canister or common cobweb; or even without these, wrap a strip of cotton cloth around moderately tight, and then another piece around that; if the bleeding does not cease, let cold water run on the wound until it does, or until a physician arrives. But it is of vital importance to remember that the artery sends out blood by spurts or jets, and of a bright red character. If the blood comes from a vein, it flows slowly and evenly, and is of a dark red. But these directions will do no good unless it is specially noted that if the blood comes from an artery, the application of the string must be made above the wound, that is, between the wound and the heart; if a vein has been wounded, and the same appliances are needed they must be made below the wound, or between the wound and the extremities.

If an artery is cut in a part of the body where a string cannot be applied, hard pressure with the thumb at a spot about where the string would have been applied may save life.

If stung or bitten by insect, snake or animal, apply spirits of hartshorn very freely with a soft rag, because it is one of the strongest of alkalies, and is familiar to most persons. The substance which causes the so-called poison from bites or stings, is, as far as is ascertained, generally acid. Hence the hartshorn antagonizes it in proportion to the promptitude with which it is applied. If no hartshorn is at hand, pour a cup of hot water on a cup of cooking soda or saleratus, or even the ashes of wood just from the stove or fireplace, because all these are strong alkalies, and hartshorn is only best because it is the strongest. There is no conclusive evidence to believe that burning or cutting out a bite has ever done the slightest good. The proof adduced to show that they have been effectual is wholly of a negative character, and, therefore, not decisive.

CURIOSITIES OF BREATHING.

The taller men are, other things been equal, the more lungs they have and the greater number of cubic inches of air they can take in or deliver, at a single breath. It is generally thought that a man's lungs are sound and well developed, in proportion to his girth around the chest, yet observation shows that slim men as a rule will run faster, and farther, with less fatigue having "more wind," than stout men. If two persons are taken, in all respects alike except that one measures twelve inches more around the chest than the other, the one having the excess will not deliver more air at one full breath, by mathematical measurement, than the other.

The more air a man receives into his lungs in ordinary breathing, the more healthy he is likely to be; because an important object in breathing is to remove impurities from the blood. Each breath is drawn pure into the lungs; on its outgoing the next instant it is so impure, so perfectly destitute of nourishment, that if rebreathed without any admixture of a purer atmosphere, the man would die. Hence, one of the conditions necessary to secure a high state of health is, that the rooms in which we sleep should be constantly receiving new supplies of fresh air through open doors, windows or fireplaces.

If a person's lungs are not well developed the health will be imperfect, but the development may be increased several inches in a few months by daily out-door runnings with the mouth closed, beginning with twenty yards and back, at a time, increasing ten yards every week, until a hundred are gone over, thrice a day. A substitute for ladies and persons in cities, is running up stairs with the mouth closed, which compels very deep inspirations, in a natural way, at the end of the journey.

As consumptive people are declining, each week is witness to their inability to deliver as much air at a single out-breathing as the week before, hence the best way to keep the fell disease at bay is to maintain lung development.

It is known that in large towns, ten thousand feet above the level of the sea, the deaths by consumption are ten times less than in places nearly on a level with the sea. Twenty-five persons die of consumption in the city of New York, where only two die of that disease in the city of Mexico. All know that consumption does not greatly prevail in hilly countries and in high situations. One reason of this is because there is more ascending exercise, increasing deep breathing; besides, the air being more rarified, larger quantities are instinctively taken into the lungs to answer the requirements of the system, thus at every breath keeping up a high development. Hence the hill should be sought by consumptives, and not low flat situations.

SYMPTOMS.

I suppose that in the course of my medical career I have received, literally, thousands of letters similar to the following, which came to hand April 12th, 1866, from a gentleman of position, of a superior education, and of high culture. "On account of business pertaining to my profession, I have been prevented from seeing you for several months. I am happy to inform you that I am improving; I have felt better for the last three months than I have for two years. I cannot be thankful enough for the instructions received from you. I have been busy, very busy, all this winter. Can stand the cold nearly as well as ever. I have not taken a particle of medicine since last December, except what you gave me (half a dozen pills, Ed.) My throat is nearly well. I must again thank you for your treatment. You taught me how to live, which I never knew before."

It may be instructive to make some comments on this case; this gentleman had made application six months before, had been heard from once, and not seen at all. He complained of

1. Burning and dryness in the throat.
2. On first rising in the morning his head was dull, with running from the nose and dizziness.
3. Coughing for two hours after breakfast.
4. Shifting pains in the body.
5. Raw sensation in the stomach.
6. Continued desire to eat.
7. Pain on the right side.
8. Pains back of the neck, extending to the head; when out of doors the wind seems to concentrate there.
9. Constipation.
10. Bilious.
11. Headache.
12. Belching.
13. Pains in breast.

The written opinion (always given) in this case was, "You have liver complaint, constipation and dyspeptia, reacting on one another, and you can get well, because your lungs are perfectly sound. There is no reason to doubt of your regaining your health, and living many years."

The first important step in leading to this gentleman's restoration was relieving the mind of those depressing forebodings of a dreaded disease, by showing him that it could not exist. The second was not only in showing him the impolicy of abandoning his profession even temporarily, but that it was important for him to follow it with a new energy, to have his mind fully occupied with it, even to be a little driven. It is almost impossible for an active cultivated mind to get well of any serious ailment, if the patient is placed in a condition which allows him to lounge, and loiter and mope about, hanging about the house, the mind all the time reverting to the bodily ailments, going round and round in the same track, as in a horse-mill.

Third. The mode of a man's life as to eating, sleeping, clothing, exercise and employment of time.

Fourth. A pill or two a month to relieve the system of what clogged the working of the machinery until it could get a fair start, and then to rely on general hygienic rules of life.

CELLARS.

There ought to be no cellars under any dwelling, because they are always more or less damp and musty; and are the receptacle of every variety of substances subject to decay, decomposition and the promotion of unhealthful gases and odors; not one cellar in a thousand, either in town or country, is clean or dry; and as any housekeeper may verify in ten minutes, cellars are usually cluttered up with old barrels, boxes, casks, bottles, cast-off boots, shoes, hats; with bones, ashes, and various remnants of wilted and rotting potatoes, turnips, apples and other varieties of fruits and vegetables; it is the gases, the emanations, arising from these things, which cause the worst forms of typhoid and other malignant fevers. It is a benevolent arrangement of the wise and good Ruler of us all that pestiferous gases are lighter than the common air, and rise with great rapidity in warm weather to the regions of the clouds, where they can injure no one, and are either purified or resolved into their elementary conditions. Thus the disease engendering atmosphere of the cellar, rises upwards, penetrates the crevices of the flooring, and would escape from the building, but is confined to the parlors and chambers, especially on the highest floors. This is particularly the case in New York City, where the only entrance to the cellar is within the building, hence every time the cellar door is opened a crowd of foul emanations rush upward to impregnate the air of every apartment in the house. Very many of the ceilings of cellars are not even plastered; when really they ought not only to be plastered, but the eight or ten inches between the floors and the plastering should be filled in with charcoal or ashes. We have seen water closets under the stores in Broadway, which, for conditions of filthiness, are an utter disgrace to civilization. From considerations above named, the cellar should be the cleanest apartment in every dwelling; and in this moving time of the beautiful May, when perhaps half the dwellings change occupants, it is peculiarly convenient, when a cellar has been emptied by the movers out, for those moving in, to have the cellar most completely emptied of every thing not fast attached to the building; let every avenue of grating, door and window be left open day and night for at least a week; the floor, walls and ceilings or joists should be swept several times; the walls and ceilings whitewashed with two or three coats; the floor well washed and then rinsed with water, and unslacked lime or powdered charcoal should be liberally scattered wherever there is any appearance of dampness, so as to absorb all odors arising from moist and dark places. In a large district in a city the cholera appeared in only one house, traced to a pile of kitchen offal in a dark corner of the cellar.

FILTH AND PURITY.

If, on some cloud chariot in rosy June, the reader could be transported across continents and seas, and alight amidst one of the villages of the Ferroe Islands, off Scotland, he would find a condition of noisomeness and filth around the dwellings, which could not be equalled in any village community on the face of the globe; yet, in all the wide world, there is not a people that enjoys such an exemption from sickness and death; only twelve out of a thousand die in a year; but twenty-four out of every thousand of the population, die in the United States, annually.

Not long ago, a malignant disease appeared in a farmer's family; every circumstance compelled the intelligent physician to believe that it had a local origin; but trees, and lawn and garden, with whitened fences, showed that there was industry and thrift, and elevation in that old homestead; but upon a vigilant inspection, a depression was found not far from the kitchen door, into which every basin of water, whether from washing the hands, the dishes or milk pans, found its way, after it was dashed out from the kitchen door; the soil was saturated with it, but no odor was observed to arise from it.

When the Paris authorities ordered a grave yard to be dug up, many bodies were found to have been converted into what was called Adipocra. The stench was such that some of the workmen fainted, and but few could keep their places more than half an hour at a time, when they had to rush into the pure air; yet not a single case of disease occurred during the several weeks the operations were continued.

When we lived in New Orleans many years ago, we knew, if any epidemic was prevailing, whether cholera, or yellow or congestive fevers, and the atmosphere of sundown and early morning was peculiarly balmy, and seemed as pure and sweet as angel zephyrs, that the disease would become more malignant for several days afterwards; proving the before known fact, that the cause of fever in the air—marsh miasm—was not perceptible to the senses. The beautiful consistency of these apparently most contradictory facts, shows at once the goodness and wisdom of our common Father in Heaven; the very sight of filth and accumulations of house and kitchen offal is demoralizing, hence such an offensive odor is connected with it, as to compel a greater or less attention to its removal or abatement. The destruction of all vegetable products is necessary, as a fertilizer; the gas of these, marsh miasm, is free from smell, and man's higher powers of reason are brought into requisition to search out and counteract these disease engendering influences. The Ferroe Islanders live by fishing; from May to November their villages are entirely deserted, and they live upon the sea, inhaling day and night its pure and luscious air. In winter, everything is frozen stiff and remains so, hence there are no odors and no decay. As to the infected farm house, the prevailing wind was from the filth-saturated depression towards the house, and this air was breathed day and night. Heat rarifies all noxious gases and odors, and sends them to the clouds, these are most pernicious at sunrise and sunset, hence building fires in the family sitting room at those hours, will, other things being equal, exempt families from epidemics, chills and fevers and perhaps even cholera itself.

WEIGHTS AND MEASURES

Convenient for sick and well and domestic purposes. If a dose of medicine for a man is sixty grains, then a one year old requires five; 2 years, eight; 3 years, ten; 4 years, fifteen; 7 years, twenty; 14 years, thirty; 20 years, 40.

Sixty drops make one teaspoonful, or one dram; four teaspoonfuls make one tablespoon; two tablespoons, an ounce; two ounces a wine-glass; four ounces a teacup or gill, or quarter of a pint; sixteen ounces, one pint.

A French metre or measure of length, is in round numbers, thirty-nine inches; the Litre, the measure of capacity in cubic inches, sixty-one. The gramme, the measure of weight, is sixteen and a half Troy grains. The killogramme is two pounds.

A box four inches long, four inches broad, and two and a quarter inches deep, holds one quart; if four by four, and four and one eighth inches deep, it holds half a gallon; if 8 by $8\frac{1}{2}$ and eight inches deep, it holds one bushel; if 24 by 16 and twenty-two inches deep, it holds one barrel. A convenient half bushel box is one foot square, and seven and a half inches high. As $2150\frac{1}{2}$ cubic inches make a cubic foot; any three dimensions of a box multiplied together and making $2150\frac{1}{2}$ inches, measures a cubic foot. A box, a foot square and nearly fifteen inches deep ($14\ 934\text{--}1000$) holds one bushel. The solid contents of a bin, multiplied by four and divided by five, gives the number of bushels contained. A bushel lacks ten cubic inches, or one third of a gill, of being one and a half cubic feet.

A *Decoction* in medicine, is an ingredient boiled in water.

An *Infusion* is a medicinal leaf, bark, root, or wood, soaked in water hot or cold.

A *Mixture* is several liquid ingredients made into one.

A *Solution* is a solid, dissolved in a liquid, as sugar in water.

A *Saturated Solution* is when the liquid will dissolve no more of that solid, and the undissolved part falls to the bottom.

A *Tincture* is the strength of any substance withdrawn from it, by being soaked in alcohol or any other spirit. Alcohol is the foundation of all spirits, it is the principle which causes drunkenness; its constituents are found in all vegetable substances, and has different names according to the substance out of which it is made, thus, when made from grain, as wheat, rye, or corn, it is called whiskey; if from grapes, it is Brandy; if from sugar cane, it is rum. Gin is whiskey flavored with the juniper berry. Bourbon whiskey is made from corn, or rye, in copper stills, but it is said that the same materials, managed in the same way will not make the same article, except in or near Bourbon County.

All wines are radically alike, made of different materials, but causing intoxication according to the amount of alcohol in them, and without which principle they would all fall into disuse.

A cubic foot of water weighs $62\frac{1}{2}$ lbs.; of seasoned wood 40 lbs.; of coke 50 lbs.; of coal 75 lbs.; of brick work 95 lbs.; of sandstone 140 lbs.; of granite 180 lbs.; of cast iron 450 lbs.; of wrought iron 480 lbs.

MEDICINAL TERMS.

Anodynes, cause sleep, as opium, hops &c.

Astringents, bind, close up, contract, as vinegar and the persimmon.

Cathartics empty the bowels by purging, as salts and castor oil.

Diaphoretics cause perspiration, as hot herb tea.

Emetics empty the stomach, as tartar, Ipecac, tobacco, &c.

Expectorants loosen the phlegm in the lungs.

Irritants draw the blood to the part away from the painful spot, and thus relieve, as a mustard plaster; thus giving the ailing part time to heal.

Liniments are irritant, in a liquid form.

Lotions are washes to cleanse or soothe.

Refrigerants are to cool in fevers, as acids, lemonades, &c.

Tonics are intended to give strength, as bitters, made of vegetable remedies.

The practice of medicine consists in knowing what is the matter, what is needed, and what will accomplish the object. The first requires observation, the second judgment, the third experience, and he who possesses these in the greatest measure will always be the most successful physician, however great may be the intelligence or ignorance in other directions. The physician who is master of his profession, knows what part of the body is affected, how it is affected and what will remove the affection, all that is uncertain is, "Will the ship answer to the helm?" Will the constitution in a specific case, be capable of being acted on by a remedy and have the power to rise, after such action? If a mustard plaster is applied in an external case to the ankles, and there is life enough for it to draw, the man is saved; if not, all the vitality is gone and he dies.

A physician learns by appearances or feelings what is the matter with a man, what part of the body is affected, and knowing what medicine usually acts on that part, he gives it, and the man is saved. He cannot tell why a certain remedy affects a certain part, but he knows that it does and that is sufficient. Spirits "act on" the brain; fumes on the lungs; ipecac, on the stomach; rhubarb on the upper bowels; aloes on the lower; mercury on the liver; watermelons on the kidneys; strychnyne, on the nerves; ergot, on the womb.

Brandy makes a man as funny as a fool. Opium makes him as stupid as an ass. A hop infusion will put him to sleep. Tea keeps him wide awake. It is on these facts, and principles, that the whole science of medicine is founded; principles as solid as the Cordilleras, and as lasting as the ages; hence, those whose prejudices prevent them from taking medicine in case of sickness are constructive suicides, and he who derides the healing power of physic is a fool.

BILLIOUSNESS.

Is a greater amount of bile in the blood, than is natural; the result of which is, the eyes and the skin begin to wear a yellow appearance, while various other symptoms manifest themselves according to the temperament, habits and peculiarities of the individual; one has sick headache; another complains of a want of appetite, sometimes loathing the very appearance of food; a third has cold feet and hands; a fourth has chilly sensations, involving the whole body, or running up and down the back; a fifth is costive, women become hysterical and laugh, cry, or talk, while men are moody, peevish, or morose. Bile is naturally of a bright yellow color, but as a man becomes more bilious, it grows darker and is at length as black as tar, causing a state of mind, which the old Romans called *atrability*, "*atra*" meaning "black"; a scowl is on the countenance, and the person is ill-natured and fretful, finding fault with everybody and everything; hence when a man is cross, he is bilious, and ought to be pitied, and at the same time, be made to take an emetic. The ill-natured are never well, they are "bilious," the system is clogged, the machinery does not work well, and both mind and body are disordered. The safest and best method of getting rid of biliousness is steady work in the open air, for six or eight hours every day, working or exercising to the extent of keeping up a gentle moisture on the skin, this moisture conveys the bile away out of the system, the same result will be accomplished, but not so well, by a good steam bath, or by wrapping up in bed, drinking hot teas, thus "getting up a perspiration," but the atmosphere of the room should be pure, and the diet for several days should consist of coarse bread and fruits. Medicines which "act on the liver" will do the same thing, but they should be advised by the physician, when other means have failed.

The office of the liver is to withdraw the bile from the blood; it is the largest workshop of the body, and is at the right side, about the lower edge of the ribs. When it does not do its work, it is said to be "torpid," asleep, and medicines are given to stimulate it, wake it up, make it act, work faster than common, so as to throw off the excess of bile. When it does not withdraw or separate the bile from the blood, the skin grows yellow, also the whites of the eyes, and the man has the "Yellow Jaundice." When it separates the bile from the blood, but retains it within itself, constipation ensues, appetite is lost, spirits become despondent, and the person is languid, lazy, fretful, and irritable. The liver is in a sense like a sponge, and the bile may be pressed out of it, as water out of a sponge, by pressing the ball of the hand over the region of the liver downwards, from hip to "pit of stomach," two or three minutes at a time, several times a day; this is a good remedy in dyspeptia, and also relieves the stomach of wind, giving immediate and grateful relief sometimes.

TRICHINIASIS.

All batless and shoeless, with foxy hair and shirt sleeves shivering in the wind, a countryman galloped into New Haven, exclaiming at the top of his voice "The Oliver Ellsworth has boiled his buster! The Oliver Ellsworth has boiled his buster"!! the steamboat of that name having exploded a few miles from town causing great havoc of life and limb, and this messenger was sent for aid for the wounded and dying! So with newspaper writers about the "pork disease," in the tumult of their minds they have run away, and not knowing what they say, have wrought consternations dire in nervous wives in the city; while thrifty dames in the country have emptied their snow-white lard pots into the river, and thrown their delightful smoked hams to the dogs. It always breeds mischief to run away with half a fact, especially if it is a practical one. A parcel of thick headed Dutchmen in the father-land, too lazy to cook their sausages, have impregnated their blood with myriads of animalcules, which imbedding themselves in the flesh, propagate with amazing fecundity and the body is eaten up piecemeal and alive, by worms, scarcely larger than a human hair, the person dying in excruciating torture; whereupon these hair-brained youngsters of the press under the pressure of lager and gin slings would persuade the people that "Death is in the pot" of pork, inevitably and under all circumstances; completely ignoring two important facts, that

1st. Not a dozen authenticated cases have ever occurred in the U. States.

2d. Only those who eat *raw* pork suffer from the disease.

Any one who is too lazy to cook his pork sausages ought to be wormy; he ought to be imbedded in fleas for the compulsive exercise of vigorous scratching.

It argues a brain all void of thought, to suppose that a microscopic insect could survive a two or three hours boiling, or exist in a frying pan, hot enough to blister an elephant.

No doubt the water cure people are in rhapsodies with a "Told you so," as they have been insisting with all the power of demonstrative, bare assertion, reiterated the millionth time, that pork was poison; that it bred all the scrofula in the world, and that if its consumption as food were persisted in, the race would, at no distant day become extinct, all but themselves. As pork has been the main stay of the nation for hundreds of years, and statistics tell us, the average duration of human life steadily increasing, we would advise the people to eat as much "ham and eggs" as heretofore, not to discard "Pork and Beans," to revel in sausages in their proper season, to supply themselves with a good store of hogs lard, every autumn for the years' use, and dismiss all apprehension of being eaten up alive by pig-worms; but always cook these articles most thoroughly.

NIGHT WORK.

Many of the most brutal murders, and greatest crimes perpetrated in the city of New York, are committed by persons under twenty-five years of age ; this shows a very early corruption of morals and as an eminent jurist once said, is easily traceable to the habit of being from home after dark. Lord Shaftsbury stated from the bench, that in nearly all the cases of great crimes which came before him the evidence showed that the moral character became vitiated between the ages of eight and sixteen ; these two terrible facts put together should make every city parent especially, tremble ; and if it should lead to the adoption of the following suggestions, it will save many a heart from going down in sorrow to the grave, from an embittered old age.

Do not allow your children to form the habit of "going home," to spend the night with their companions, no not once in a year.

Keep them out of the street after sun down, unless you are with them.

Do all that is possible to have a loving, cheerful and happy fireside, as a means of winning them from the street. Much can be done in this direction by providing amusements, and having the children occupied in something which is interesting, profitable or new.

Keep the birthdays ; let them be occasions of harmless festivities : arrange that all the holidays too, shall be observed appropriately. Little parties given now and then to those of their own age, is a source of much delight to children, and they may be so conducted as to be of great benefit morally, socially and physically.

Let the father and mother remember that the exhibition before their children of a loving, affectionate and quiet deportment towards one another in the home circle, is a powerful bond of union in a family ; the very sight of it wakes up affectionate sympathies in the hearts of children, and cherishes the same delightful feelings in themselves ; and soon the house becomes a home of love and quiet delight ; within half a mile of us, there are quite a number of families of this sort, some of them among the wealthiest in the city, but it is singular to observe that in almost every case it is in consequence of the mother's all pervading influence, mothers who are quiet, gentle, lady like, but firm in the right always. Many homes are made distasteful to children by incessant restrictions and criticisms ; by innumerable rules and regulations. A household is better regulated by an affectionate pliancy, than by an inflexible rigidity ; yielding in non-essentials, but firm as a rock in all questions of right and wrong. The night work from eight to sixteen determines the life character of millions.

NIGHT AND DISEASE.

Sickness and death generally come in the night; it is then, when the body is in a state of weariness from the labors of the day; when, in addition the heavy night-damp has its depressing influences, and the bright sunshine and the light balmy air of all out doors is not present to invigorate and enliven, it is then that the human organism is most susceptible to adverse influences, and is less capable of resisting and warding off the approaches of disease and decay and death. It is the out doors and the sunshine which so oxygenates the blood, and imparts to it a sparkle and a life as it courses through artery and vein; every step becomes a pleasure, every thought a happiness, and it is delicious even to breathe. Now what is it that gives to the out-door air of a clear sunshiny day all these soul thrilling qualities? it is the greater amount of oxygen with which the sun loads every breath we take, which makes all the difference between the joy of the out-door sunshine and the chamber of midnight; and if we could but breathe this highly oxygenated air all the time, men would, other things being equal, double the time of life and be still young in heart and feeling at the age of a hundred years. But, most unfortunately, and not necessarily either, one clear third of our entire existence is spent in breathing a vitiated air, an atmosphere so full of heaviness and dust and odors of a close confined bedroom, as to exclude the more aerial oxygen, hence so many of us, and so often, wake up in the morning with a feeling of tiredness or unrest, that is absolutely distressing, instead of waking up to mirth and laughter and song; a very large part of domestic bickerings, which poisons the peace of families arises from the fact, that the parents having slept in an ill-ventilated apartment, have not been refreshed, their sleep has not rested them; every breath taken into the lungs was so impregnated with grosser impurities that it could not take in the more ethereal oxygen, whose office it is to absorb the impurities from the blood and carry them out of the system; hence both brain and body are depressed, the moral nature imbibes the evil influence, and both husband and wife wake up to carp, and complain and scold, dampening the spirits of the children, irritating the servants, making a veritable hell in a household which ought to have been a heaven. The importance then of sleeping in an air as pure as possible, socially, physically and morally, can scarcely be over-rated; hence sleep in the highest, largest, best-lighted rooms in the house with open fireplaces and a little fire burning during winter nights, no standing liquids, and with as little carpeting and furniture as possible, in short an almost empty room, unpapered walls, hung with beautiful pictures, paintings and engravings, calculated to elevate the mind, to purify the moral affections, and to give a direction to thoughts in the beginning of the day, which shall pervade the whole character and conduct, for good, until the pillow is reached again in the early evening.

WARNINGS TO MINISTERS & OTHERS.

One of the ablest men of his time, a loved son of New England, gentle as a woman in his manners, but in mind as to culture, and power, and vigor in arguments, a very samson, after preaching in a country church on a cold winter's night, was invited to a neighbor's house until the morning. He retired early, and as usual, was put in the best room, to occupy a most faultlessly clean, soft, white bed. From long disuse it had become damp. He felt its coldness keenly, but not wishing to give trouble, and in the hope of soon becoming warm, he fell asleep, but awoke in the night with a terrible chill and cramp, of which he died in a few hours.

The immediate cause of the death of Lord Bacon, whose renown is world-wide, was the cold and dampness of a spare room; the best room in the house of a friend with whom he stopped for a night on his way to London.

Let parishioners who may chance to read these lines, and who wish to honor a clergyman who may be enjoying their hospitality, with the best things they can offer for his convenience and comfort, have a care to freshly air and warm the bed-clothes of the spare chamber for two or three hours before they are used for the night, especially if the bed has not been occupied for a week or two. If during the evening he has been preaching, give him facilities for being thoroughly warmed before he is sent to his chilly "spare chamber." The clergy of the Christian church are the salt of the earth in a most important sense, for they are the ambassadors of God; hence our interest and duty demand that for their office' sake if for no other, care and consideration should be shown them. No one will be sorry at the judgment for bestowing such attention. The reward will be the same as if it had been done for the Master in His own person, for His words are, "Inasmuch as ye did it unto one of the least of these, ye did it unto Me."

To mothers in Israel another word of caution may be given. Some of the clergy are killed by piecemeal, others in a night, by mistaken kindness. Ye meant it unto good, but the sure result follows for all that, and inevitably. If the minister dines with you and has to preach within a few hours, it is safer and better to provide a very plain meal, so as not to tempt the appetite; otherwise an inefficient or sleepy discourse is almost an inevitable result. A very hearty supper after a long fast or exhausting religious services, endangers life itself. A very able minister of the Lutheran church, and a loved editor of a religious newspaper, was on his way to attend one of the church councils. He left home early in the morning and travelled until noon, but circumstances were such as to make it inconvenient for him to take dinner and before he could reach the intended stopping place it was late in the evening. He was cold, and hungry, and very much exhausted. The family knew all the circumstances, and in their sympathy for him prepared a "splendid supper." He soon felt recuperated, an hour passed pleasantly in conversation, and in due time all retired for the night. The minister did not appear at the breakfast table. On going to his chamber he was found insensible, and in a few hours died of apoplexy. And this was the result of a hearty meal. He had a weak constitution. An empty stomach was overloaded and in that condition he went to sleep, and death was the consequence.

The first meal after a severe effort of either mind or body, especially if the effort has been protracted should be a very simple one, such as light bread, butter, and a cup of hot drink; then in four or five hours a hearty meal may be safely taken, and is necessary.

EARLY RISING.

Health and long life are almost universally associated with early rising; and we are pointed to countless old people, as evidence of its good effect on the general system. Can any one of our readers on the spur of the moment, give a good conclusive reason why health should be attributed to this habit? We know that old people get up early, but it is simply because they can't sleep. Moderate old age does not require much sleep; hence, in the aged, early rising is a necessity, or convenience, and is not a cause of health in itself.—There is a larger class of early risers, very early risers, who may be truly said not to have a day's health in a year—the thirsty folks, for example, who drink liquor until midnight and rise early to get more! One of our earliest recollection is that of "old soakers" making their "devious way" to the grog-shop or tavern bar-room, before sunrise, for their morning grog. Early rising, to be beneficial, must have two concomitants; to retire early and on rising to be properly employed.—One of the most eminent divines in this country rose by daylight for many years, and at the end of that time became an invalid, has traveled the world over for health, and has never regained it, nor ever will. It is rather an early retiring that does the good, by keeping people out of those mischievous practices which darkness favors, and which need not here be more particularly referred to.

Another important advantage of retiring early is, that the intense stillness of midnight and the early morning hours favor that unbroken repose which is the all-powerful renovator of the tired system. Without, then, the accompaniment of retiring early, "early rising" is worse than useless, and is positively mischievous. Every person should be allowed to "have his sleep out;" otherwise, the duties of the day cannot properly be performed, and will be necessarily slighted, even by the most conscientious.

To all young persons, to students, to the sedentary, and to invalids, the fullest sleep that the system will take, without artificial means, is the balm of life—without it there can be no restoration to health and activity again. Never wake up the sick or infirm, or young children, of a morning—it is a barbarity; let them wake of themselves, let the care rather be to establish an hour for retiring, so early that their fullest sleep may be out before sunrise.

Another item of very great importance is, do not hurry up the young and the weakly. It is no advantage to pull them out of bed as soon as their eyes are open, nor is it best for the studious or even for the well who have passed an unusually fatiguing day, to jump out of bed the moment they wake up: let them remain without going to sleep again until the sense of weariness passes from their limbs. Nature abhors two things: violence and vacuum. The sun does not break out at once into the glare of the meridian. The diurnal flowers unfold themselves by slow degree; nor fleetest beast, nor sprightliest bird, leaps at once from his resting place. By all which we mean to say, that as no physiological truth is more demonstrable, than that as the brain, and with it the whole nervous system, is recuperated by sleep, it is of the first importance, as to the well-being of the human system, that it have its fullest measure of it; and to that end, the habit of retiring to bed early should be made imperative on all children, and no ordinary event should be allowed to interfere with it. Its moral healthfulness is not less important than its physical. Many a young man, many a young woman, has taken the first step towards degradation, and crime and disease, after ten o'clock at night; at which hour, the year round, the old, the middle aged, and the young, should be in bed; and the early rising will take care of itself, with the incalculable accompaniment of a fully rested body and a renovated brain. We repeat it there is neither wisdom nor safety, nor health, in early rising in itself; but there is all of them in the persistent practice of retiring to bed at an early hour, winter and summer.

ACCIDENTS.

Many of the so-called accidents of life by which health is irrecoverably lost, if indeed not more immediately fatal, are the legitimate result of ignorance, indifference, or thoughtlessness and which with a very little reflection might have been avoided. Nothing is more common than for girls and women to put a pin in their mouths, intending it to be but for an instant, and yet forgetting it, on a sudden impulse to laughter, it is drawn into the throat, or lungs themselves, requiring a delicate, painful and dangerous surgical operation in order to extract it. Perhaps nine persons out of ten in passing through a wood or harvest field, will take a twig or a straw and put it into their mouth, and before they are aware, it has made its way downwards causing the most distressing cough or strangulation, sometimes inducing hemorrhage or convulsions. Recently a printer in Baltimore, after a violent fit of coughing expelled a brass nail an inch long, much corroded. It had been "accidentally" swallowed two years before, and for all that length of time had been a constant source of annoyance, bleedings and ill health. There is a peculiar tendency in children to put things to their nose or ears, and especially if a little rounded, a little slip propels them into the cavity. A girl, five year old, made a motion as if to smell a little black bean; it suddenly disappeared; a surgeon was sent for and probed the nostrils, but could feel nothing. Six months later, it was blown from the nose; we saw it a few moments afterwards all shrivelled and wrinkled. Very recently a little fellow introduced a foreign body into his ear; as probing for it occasioned a great deal of pain, chloroform was used to facilitate the extraction, which failed, and at the same time the child was discovered to be dead. Children should be taught from infancy that life may be lost in ways above named, and that on no pretence whatever, for a single instant ought anything to be put into the mouth, which is not in the nature of food, and to keep hard objects away from the ears and nostrils.

Very lately a man went down into a well and was observed by his brother to dip his head forward and remain still and silent; the brother in haste went down to his assistance and was observed to make precisely the same motion, when a third brother went to his rescue with a similar result; they were all found to be dead from the suffocating gas at the bottom of the well. A bunch of straw, paper, or shavings should be thrown burning into a well before descending; if it goes out, death is there. The first brother might have been saved by throwing cold water upon him, to absorb the gases and carry more oxygen down.

PICKLES.

There is a general impression that Pickles are extremely unhealthful ; the truth is, they are more easily digested than any other condiment, as they are a pleasant medium of conveying an acid into the system ; that is, cider vinegar, which chemical experiment shows is more nearly allied in its action on the food, to that of the gastric juice, than any other known liquid. Kola Slaw, made by pouring vinegar on crisp, raw cabbage cut up very fine, is digested in about one hour, which is as soon as any other food ; while boiled cabbage requires five hours, as also roasted pork. In the Spring of the year when the system becomes feverish and bilious and the blood is thick and impure there is a craving for salads and greens and lettuce, all being used with vinegar ; and wise Nature, always watchful and kind, invites the taking of acids by the delicious combination with fruits and berries and tomatoes, as a means of "cooling" the system, which is the result of a more active separation of the bile from the blood, which scientific experimenters of Paris have ascertained is done through the influence which acids have on the liver, in increasing its activity. Thus it is easy to see that pickles well prepared, with pure cider vinegar, kept in glass jars, hard, green and crisp, not only fully meet the tastes and instincts, but actually promote the healthfulness of the body. Delicate persons and dyspeptics may avoid swallowing the more solid portions of the pickle. To insure that the pickles shall be made free from the poisoning properties of brass and copper vessels, and of the equally destructive ingredients which are used to give them a fresh, green color, that excellent paper, the Baltimore Weekly Commercial, gives as original in its columns the following explicit instructions for making pickles :

PICKLED CUCUMBERS.—Keep the cucumbers in a strong brine for nine days or more ; then wash and put them in a bell-metal skiliet with lumps of alum through them ; cover with vinegar and water. Put on the top to keep in the steam, and place the vessel near the fire that they may become hot, but not so as to boil. When they are a good green put them in glass jars with layers of any spices you may fancy. Fill up the jars with scalding vinegar.

PICKLED ONIONS.—Put the onions in a strong brine for five or six days ; then simmer them in equal parts of milk and water ; do not let them boil ; then take off the fire and dash into very cold water to make them crisp. Place in a jar with alternate layers of such spices as suit ; then pour on boiled white wine vinegar.

For mixed pickles : Take three dozen large cucumbers sliced ; half a peck green tomatoes sliced ; half a peck onions peeled and quartered ; four large green peppers cut up ; one pint small red and green peppers ; sprinkle a pint of salt on them. Let them stand over night draining, then add one oz. white pepper ; one oz. mace ; one oz. white mustard seed ; half an oz. cloves ; half an oz. celery seed ; one oz. tumeric ; three table spoonfuls of table mustard ; two lbs. sugar ; one piece horse-radish. Cover them with the best vinegar and boil all together for half an hour.

FOR PEPPER SAUCE.—Cut the cabbage very fine and salt it to the taste ; cut the peppers and onions in thin strips. Take two parts of the cabbage, 1 part onions, and 1 part peppers ; season all well, as desired, and cover with boiling vinegar, which may be renewed during the season. A JERSEYMAN says,—The best and surest way of keeping pickles hard and good, is to wash the cucumbers as soon as gathered, and put a layer of fine salt in the bottom of your barrel, and then a layer of cucumbers ; then salt again, and so on until the season is over. The water on the cucumbers by washing, is sufficient to make all the brine they need. Keep them covered, and a weight on the cover to keep them closely packed. Mine keep in that way three years. When wanted for table use, take them out of the brine, put them in a brass kettle, cover with cold water, and let them stand two or three days ; until as green as you would like to have them ; then put one teaspoonful of alum and one of saltpetre in the water, and scald in that first water ; let them cool in it ; then add fresh water, more alum and saltpetre, and scald again ; change the water and scald three times, adding alum and saltpetre each time. Cut one of the largest—taste of the inside—if fresh enough drain them, and put in jars. Use the best cider vinegar ; spice and pepper to suit your taste. Change your vinegar when necessary, and keep from the air.

COURTING.

IN the old world marriage is a matter of convenience, or an out and out business transaction; and family is bartered for funds, or an improvement in the pecuniary affairs of both parties is aimed at. In our own country it is literally a "love affair," without rhyme or reason, sense or system;—it is a blissful, mutual absorption of two hearts into one—for awhile any how. Perhaps if it were made a matter of Hygiene there would be eventually a greater amount of happiness and solid prosperity in any community. A sickly wife has many a time blasted the ambition of an industrious and enterprising young man whose aim was to rise in his business and become one of the leading men of his calling.

But in the very first year sickness came, the young wife could not attend to her domestic affairs; the servants became remiss, indifferent and wasteful; the physician was called in; the husband himself was obliged to remain at the house and the same derangement of his own affairs took place, and every where there was waste and expenditure and loss of business and custom.—Discouragement came, until finally all that was hoped for was to live from one day to another.

At other times the husband became the invalid; the support of the family is thrown upon the wife and the mother; and how many of them have worked themselves into a premature grave or into a lunatic asylum, it is painful to contemplate.

No sickly person can honorably marry another in good health without previously making a fair statement of the case. And even then if a marriage takes place a crime has been committed against the community and against unborn innocents. But when both the parties are "sickly" it is wholly inexcusable, and ought to be frowned upon by every intelligent community, however satisfactory the pecuniary condition of the parties. They may be able to support themselves but they can give no guarantee that their children, diseased in body and feeble in mind, shall not be a public charge at the hospital, the poor-house or an insane-asylum. The best general plan for ensuring a healthy and vigorous offspring is to make an antipodal marriage;—to make as much of a cross in the physical characteristics as possible. The city should marry the country; the black-haired the blond; the bilious temperament the nervous; the fair-skinned the brunette; the stout the slender; the tall the short. To marry each its like, is to degrade the race.

IMMAGINATIONS.

An English farmer became possessed with the idea that he had the Rinderpest; his family Doctor tried to laugh him out of it, this only served to confirm his vagary; he then consulted an old physician of considerable experience in human nature as well as in medicine; he made many inquiries of his patient, entered fully into the case and at length sent him to an apothecary with a sealed prescription, which the man of the pestle and mortar read to the astounded patient. "This man has got the cattle plague, take him into the back yard, and shoot him on the spot, according to act of parliament." This brought the soft headed farmer to his senses, and he was a well man.

Sickness is sometimes imaginary, but in such cases it does no good to deride or to scold: so it is sometimes with what is called nervousness, it is useless to make light of it, the feeling of suffering is the same as if it were real, in such cases sympathy is oftentimes a more efficient remedy than derision or impatient epithet. "Bear ye one another's burdens" is a moral medicamentum of great efficacy. The wits of physicians are often called into requisition, and impromptu remedies are sometimes as efficacious as they are amusing. A titled lady once became possessed with the idea that a mouse had ran down her throat while she was sleeping with her mouth open; her physician seeing at once how matters stood, advised her to call next day: meanwhile he produced a mouse and arranged it in his coat sleeve so as to be made proper use of at the desired moment. With a great show of preparation he adjusted an instrument to distend the mouth, and placed a small mirror in a situation as if to reflect the image of what might be seen. "Hold on, be steady, I see the tail," and with a tremendous jerk he produced an innocent little mouse, gingerly held between thumb and finger by its caudle extremity; to the infinite gratification of his titled patient, who, placing a magnificent fee in the Doctor's hand, withdrew with a mountain-weight removed from her mind, which otherwise might have crushed it. A rich old toper imagined that a bottle was attached to his nose and that if it was broken, it would let all the blood out of his body; hence his whole time was spent in guarding his nasal appendage from harm. A rough old surgeon of great eminence was consulted, "Go to Ballylack with you," and with an appropriate action, smashed a bottle into a thousand pieces, "there's the bottle, but you see it had no blood in it." The patient's whims were humored, and the mind saved. But it is useful to observe, that it is only those who have nothing to do, persons of elegant leisure, who are cursed with these imaginary evils. Blessed is the ordainment that man should live by the sweat of his brow.

SUN-STROKE

Is an instantaneous inflammation of the brain, occasioned by the sun's rays communicating their heat to the structures with such intensity and rapidity as to cause dizziness, headache and nausea or vomiting; the patient then falls breathless, turns black in the face and dies, unless proper assistance is given on the spot; which is, to be taken to the shade. The neck should be instantly freed from all that binds it; pour warm water on the head, and dash it upon the body—the Arabs pour it in the ears, this may also be done. It is sometimes an hour or two before relief is obtained, which is ascertained by the patient becoming more conscious and more able to help himself. Let him drink as much water as he desires, if he can swallow it.

Sun-stroke is prevented by wearing a silk handkerchief in the crown of the hat, or green leaves, or a wet cloth of any kind; but during an attack warm water should be instantly poured on the head, or rags dipped in the water and renewed every minute. The reason is two-fold: the scalp is dry and hot, and the warm water not only removes the dryness, but carries off the extra heat with great rapidity, by evaporation. Sun-stroke is more common in the temperate than in the torrid zones. It is more frequent and fatal in New York and Quebec than in New Orleans and Havana. Day laborers are most liable to sun-stroke, especially in proportion as they use stimulating drinks. It is doubtful if any strictly temperate person ever becomes a victim to this instantaneous life-destroyer, but excessive exposure to the direct rays of a summer's sun, may occasion sun-stroke in any individual, in the proportion as he is of a sedentary occupation or of delicate health. Such persons, if compelled to be out of doors under a hot summer's sun, should wear a soft loose hat, with some light loose cloth in the crown; have the neck and throat bare and unconfined; should eat but little meat, and live mostly on coarse bread and butter and berries, ripe, raw and perfect, without sugar or milk, keep regular hours and have abundant sleep. Laborers should wash the whole scalp in cold water several times a day, and keep the surface of the body clean by rubbing it with a damp towel every night before going to bed. Let the friction be sufficiently vigorous to cause an extra redness of the skin. It is being between two fires that makes sun-stroke common in cities and uncommon on small islands or at sea, because the brick and stone pavements give back almost as great a heat as comes from the sun.

BOILS

Are Nature's method of avoiding or curing disease, A Boil begins with a hard lump, which increases in size, heat and painfulness for about seven days; then it begins to "point," and a yellow speck at the top is seen. This spreads and finally 'breaks,' discharging more or less blood and matter for two or three days when the "core" comes out, the pain ceases, the hollow left is by degrees filled up with new flesh and in about fourteen days from the beginning, the patient is well, at least of that one! But sometimes a second one breaks out before the first one is well; or a dozen or more appear in various parts of the body in various stages.

Job was covered with boils. The Romans designated them by the Latin word which means to "make mad," or ill-natured. Only saints can be serene when a boil is coming to a point.—The old and young, the vigorous and the weakly, all are exposed to them; but with this difference: in the robust they run their course in about fourteen days and get well of themselves. In persons of feeble constitution a boil becomes a carbuncle, which is many boils springing up near to-gether. These often prove fatal, especially with those who use ardent spirits. The general treatment is to call in a surgeon and have it cut to the bone in a cross. In every case keep the parts moist all the time by a poultice of sweet milk and stale bread; nothing better, safer or more handy can be used; it remains moist longer than most others, and is easily softened and removed preparatory to renewals, which should be made thrice a day.

Boils are the result of impure blood, made so by imperfect digestion: or an excess of bile, owing to a torpid liver or the want of sufficient out-of-door exercise. They are not a sign of health, but that nature is carrying on a healthful process. A felon or whitlow, is a boil formed on the bone under the whit-leather or broad tendons, which are so impervious that the yellow matter can not be worked out through them; hence, if not promptly cut down upon, to let out the yellow matter, it must get well by the slow and fearfully painful process of re-absorption. As to a common boil, all that should be done is to render the process of cure less painful by moist poultices, by living on coarse bread, ripe raw fruits, berries and tomatoes in their natural state, using no sweets, oils, meats or spirits. If the constitution is feeble, beef-soups and other nourishing food is necessary. Be out of doors; keep the skin clean and have the bowels act freely every day. The Saxon name "Bile" is the best term, because it is really nature's process of discharging extra bile from the system, with other hurtful humors which ought to be out of it. If boils follow fever or other disease, it shows that they were not treated with sufficient activity.

THE FATAL CIGAR.

I had personally known him for thirty-five years, standing six feet four, with perfect proportions otherwise. He was a man of mark among the many passengers on the European steamer; but scarcely had the noble vessel passed Sandy Hook before the man seemed troubled. Something was discovered to be missing; not intrinsically of much value, but it could not be replaced during the voyage, and yet it was a constant need—he had left his tobacco. There could not an ounce be found on the whole ship that was not far inferior to the high brand which he had been in the habit of using. But in one of those moments in which gifted minds rise to their proper dignity, he suddenly resolved, "I'll be a slave no longer.—I shall not touch it during my two years expected absence abroad." And he did not. He occupied for a quarter of a century the highest social position in the great city of his adoption; his personal position was commanding; in his profession, he was second to none; as a writer, he was prominent. Thirty years ago I knew him as one of nature's orators. He had a majesty of presence possessed by few of the monarchs of the earth; while the courtliness of his manners and the kindness of his nature were so blended that he was the loved and revered of every circle in which he mingled.

Some unremembered time after his return, he was met by a clerical brother who after congratulating him upon his improved appearance and apparent vigorous health, asked him if he would not take a cigar.—Said he, "I have not used one in a long time, for years, in fact, but I will smoke one with you;" and it was done then and there. His old passion came upon him "like a strong man armed," and he yielded himself more and more hopelessly to it until no moment of day-light found him from under its baleful influence. The Summer of 186— found him at Saratoga. He seemed the perfection of manly beauty as to the body. But there were whisperings as to the mind. Friends delicately advised him that he needed the quiet of home. He could not think of such a thing; he greatly preferred remaining where he was. Matters became urgent. His family were telegraphed of the urgency of his retirement from public associations.

He reached home a wreck. The strong, the brilliant mind was gone. Except the members of his family and a single clergyman, no one was allowed to enter the sick-chamber. But he passed away in driveling idiocy, attendant on softening of the brain, which, with the whole nervous system had been so constantly and so long under the influence of the stimulus of tobacco, they could no longer be roused to sensation, and mind and body both gave away together.

It may admit of question which should be most pitied, the miserable victim of an unrestrained animal indulgence, dead; or the living tempter to take "THE FATAL CIGAR."

EXPERIMENTING.

THE man's horse is said to have died on the very day the owner had come to the conclusion that he had succeeded in the experiment of teaching him how to live without eating.

Mr. William Buston of Wisconsin, a bachelor of forty-five, had been experimenting for some time in subjecting himself to great heat as a means of rejuvenation and of bringing back that suppleness of limb, that fullness of flesh, that buoyancy of spirits which he remembered to have possessed a quarter of a century earlier. One morning he was found in his room perfectly lifeless, the heat he had subjected himself to having been too intense for mere flesh and blood.

Some girls have induced fatal ailments by drinking large quantities of vinegar under the supposition that it would diminish the quantity of superfluous flesh, which seemed to be their affliction. Others have taken large quantities of tea, by chewing it.

City physicians are very frequently brought in communication with persons who, from some whim or caprice, have adopted modes of life the very reverse of what an intelligent judgement would have dictated.

Citizens in imperfect health often go to the country with extravagant anticipations of amendment—that living on pure milk and fresh eggs will accomplish wonders, not knowing that milk is the natural food of babies, kittens, and the like. Grown persons who use sweet milk largely every day, invariably become bilious or constipated, unless steady, hard labor in the open air every day, allows its use with impunity.

A lawyer—a man of family, then a candidate for legislative honors—was suffering greatly from constipated habits and had been experimenting on the theory for sometime that the best way of effecting an ejectment was to eat heartily and push it out! He was evidently sincere in his representations to us.

Most men would hesitate to attempt the repair of a watch or even an old shoe, and yet not a few are found to experiment in the repair of the most intricate yet beautiful machinery of human life without apparent fear of harm. Those who plead their own cases in court and those who attempt to tinker up their own constitutions are equally unwise.

If your pants need a patch, send for a tailor; if your body is out of order, consult a physician.

IMMORTALITY'S DAWN.

ONE of the most impressive delineators ever listened to, was the Rev. DAVID NELSON, M. D., while sitting under his ministry in our school-boy days. He had occasion to attempt a solution of the cause of the ineffable radiance that sometimes lights up the face of the dying christian after the power of speech has been lost. The illustration was afterwards repeated in his remarkable book on the "Cause and Cure of Infidelity."

The passage of the christian from the mortal to the immortal state, is like descending into a ditch, crossing the bottom, and climbing up on the other side; and just as he rises to the top the veil of eternity is gradually drawn aside, when he has his first view of the immortal state. It is then that the effulgent glories of the heavenly world so entrance his vision that he is wakened up to the new life before the old one is laid aside; and the sight so resplendent, impresses on the physical features some of the glories seen on Moses's face after he had been with Divinity; repeated again on the Mount of Transfiguration, when after communion with the Holy One, the Master's face "did shine as the sunn." Even "his raiment became shining, exceeding white as snow, so as no fuller on earth can white them." In speaking of this "great mystery" a nameless writer says, "No one who passes the charmed boundery comes back to tell. The imagination visits the realms of shadows, sent out from some window in the soul, but wings its way back, with only an olive leaf in its beak, as a token of emerging life beyond the closely bending horizon. The great sun comes and goes in the heavens, yet breathes no secret of the etherial wilderness; the crescent moon cleaves her nightly passage across the upper deep, but tosses over-board no signals. The sentinel stars challenge each other as they make their nightly rounds, but we catch no syllable of the countersign which gives passage into the heavenly camp. Between this and the other life is a great gulf fixed, across which neither eye nor foot can trace. The gentle friend whose eye we closed in the last sleep long years ago, died with rapture in her wonder-stricken eyes, a smile of ineffable joy on her lips, and hands folded over a triumphant heart; but she spoke no word, and intimated nothing of the vision which enthralled her."

Now and then, once in a generation it may be, one is permitted to return to life after having a glimpse of the other side. But their lips seem sealed, as if the subject was too holy for human converse. Whatever of sight was seen or sound was heard it was only described as a "glory unutterable."

PURE AIR.

A beneficent providence has arranged that while the air we breathe gives us life by purifying the blood and imparting vital heat, its unfitness for these purposes is instantly determined by such disagreeable impressions on the senses, that we instinctively cease breathing, or hasten from the contaminated spot. Then again, from her bountiful stores, nature has provided substances which purify filthy localities and remove the nauseous smells. Some of these substances destroy the disagreeable odors but do not arrest decay, hence those odors would return constantly, as long as any of the substance remained which was the source of the evil. Chlorine removes a bad smell from putrid meat, but it will return in a few hours. A London Chemist has ascertained the fact that if a piece of fresh meat is coated with a substance distilled from coal and mixed with sulphurous acid, called carbolic acid, it will prevent the meat from decaying, and that such meat after being kept two or three months, is, if cooked, as sweet and fresh as meat just purchased from the butcher's stand; hence chlorine, deodorizes, that is only takes away the bad smell for the present, but decay still goes on. Carbolic acid not only destroys the odor but prevents decay, arrests it, and thus is a deodorizer and disinfectant combined; it takes from a substance its polluting character, its power to make sick, to communicate disease. If further and more careful investigations and experiments confirm the statements made by Mr. Crooks he is justly entitled to be named among the benefactors of the age. The practical lesson to be impressed on the mind by these statements is, that a deodorizer does no more than take away the ill odor of substance or locality, temporally; a disinfectant not only destroys that odor but prevents its return, by changing that condition of the substance from which the odor came, in a manner which does not allow the process to go on which gave rise to the odor. A disinfectant also takes from a thing its power to cause disease. A contagious disease is that which is caused by actual contact, and cannot be communicated in any other way, as glanders in horses, and syphilis in men; infection is that which may be communicated by touching or handling the clothing as itch, plague, measles, small pox; the air of a room in which these diseases are can communicate the disease, hence that air is infectious, that is, makes into, fixes, implants, thrusts into the body, the disease with which it is loaded. A real disinfectant deprives the air and the clothing of that power. It seems that carbolic acid is the most perfect deodorizer and disinfectant yet made known to man.

CLEANLINESS AND CHARACTER.

In the year 1840 a youth entered Milwaukie to make his fortune in the world, with five dollars and a quarter in his pocket, and a thousand miles from home, without a friend or even an acquaintance near him. He was a young lawyer and as it was two months before the opening of the court, and sooner than that he had no means of replenishing his purse, he frankly stated to his landlord his financial situation and asked credit for his board, which was granted him. He then spent his five dollars in having his clothing washed, and one or two other items, and entered upon the great work of life. But finding his money all gone, and hearing that an old schoolmate of his lived in that part of the country, he walked fifty-six miles to borrow from him ten dollars. He returned to town, was admitted to the bar on the opening of the court and soon fought his way into an excellent practice, in the prosecution of which he traveled over a great portion of the states on foot and on horseback.

There was something in that young man, who among perfect strangers in the far West, would expend nearly all of the last five dollars he had in the world, in having his stock of clothing washed and repaired. There, too, was self-respect and a consciousness of personal elevation. But the next step was akin to it; the frankness and honesty of making a plain statement to his landlord at the outset, of his means, his plans and his hopes. Nine men out of ten perhaps, would have worn the soiled clothing longer and would have kept the scantiness of funds a profound secret, hoping that before they were exhausted something would turn up to improve the finances, shutting the eyes to the fact that in the event of a failure in this direction, a confiding landlord would be the loser. This is the very rock on which thousands founder every year, risking the money of the friends who have reposed confidence in them. The man who ever does that is always a scoundrel at the core. You may risk what really belongs to you but the means of another, never.

That tidy, self-respecting, honorable young lawyer, has, at the end of a quarter of a century, become one of the constitutional advisors of the President of the United States. Physical cleanliness and moral purity and elevation of character have a close connection; while tidiness in dress has a strong alliance to strict justness and fitness of action. The accomplished Bostonian, Washington Alston, suddenly remembering that he had a hole in his stocking, declined entering a private mansion where there was a party. "They don't know it," said his friend. "But I do," said the great artist and turned away. Cleanliness of person promotes health of body and this in turn naturally begets purity of mind and moral elevation. Such persons are quite as much concerned in having the inner and unseen as tidy and as clean as the outer and the visible; they are pure from principle, not policy; pure from the love of it, not from man, for it is "the pure in heart" who "shall see God." All are robed in spotless white who stand before the "Great King."

SUMMER HEALTH.

AUGUST is the most fatal month in towns and cities—October the least.—Nearly twice as many die in August as in December. The deaths in New York during July, August and September are nearly one-third greater than during October, November and December. These proportions most likely hold good else-where: but of these three thousand deaths and sixty thousand cases of sickness besides, more than one half are avoidable, in the estimation of scientific medical men;—avoidable in the main, simply by avoiding the sun from ten to four, and eating and drinking wisely.

All who possibly can should leave the large cities before the first of July, (for then the excessive hot nights begin, and the thermometer stands at ninety degrees, Fahrenheit, at sun-rise, in the halls and parlors of our dwellings,) and remain till the first of September. At least three or four weeks in August should be spent in the country by those who can not spare the longer time.—The mountains are better than the sea-shore. One should not choose a river-bank, or bottom-land, or a level country, unless among the pines, because in these situations the seeds of fever and ague are sown, and the person exposed will return to town to have “creeps” or intermittants when cold nights come.

If families, and parties of ladies and gentlemen, were to inaugurate a custom of camping out in the Adirondack mountains or those of Pennsylvania, Virginia or New England for six weeks during the Summer, the advantages over the Springs and the Sea-Side would be incalculable. Young men should travel on foot or on horse-back, and all who can should select boarding-places away from the public thoroughfares, and where they can live as untrammelled as possible by dress, fashions, and formalities of every description. Still, observant people must know that there is more real enjoyment and comfort in one's own house in the city. The freedom of the whole building, night and day; your own hours of rising and retiring; your baths; your *dishable*;—these are indispensable to real comfort any where in mid-summer. But the great multitude must stay at home the year round, and it can be done in good health if, other things being equal, a wise system of eating and drinking were adhered to, on the following succinct principles: Take coffee, tea, cold water, lemonade and other acids, and ice-cream. It is believed by the best French physiological experimenters and observers, that all acids, especially in Summer, promote the secretion of bile, prevent fevers, and keep the system free; hence the advantage of fruits, berries, kale slaw, salads, pickles, sour milk, and the like, as warm weather approaches. Sweet milk, ale, beer and porter, all tend to create bile, to constipate, to induce head-ache, cold feet, neuralgia, and want of appetite, in Summer. The whole body is weak and indisposed to effort in warm weather. The stomach is in the same relaxed condition, and to impose on it full meals; and to urge it to take fuller ones by tonics, stimulates, and tempting tables, is irrational and suicidal, and is the immediate cause, of one half the sickness and deaths of warm weather, for they are avoidable by the following system of diet:

Eat but three times a day and nothing between meals. Breakfast: coffee, tea, or cold water; cold bread and butter and a saucer or two of berries in their natural state, ripe, fresh, and perfect. Supper, same except no berries. Dinner, lemonade or cold water, bread and butter with tomatoes, or any other one vegetable. Meats one day, soups another; melons and berries as above, for dessert. Bread and butter and cold water alone would sustain life and give vigorous health for the Summer months. Any family who will diet as above for one week in Summer time, avoiding ordinary exposures, will find an exemption from “unpleasant” symptoms which will convince them at once of the value of such a system of living,—with a lightness of spirits, a joyousness of mind and a mirthfulness of temper, which is a real luxury to think of, in comparison to the weariness, dullness, want of appetite, suffering from heat, wakeful nights, unrefreshed mornings, insufferable ennui, and intense longing for excitement and exciting drinks,—which afflict those who sit at luxurious tables all Summer.

ADULTERATIONS.

THE times and principles of men are so out of joint that when we sit down to a table and suppose we are eating a particular dish the chances are ten to one that we are not eating that at all but are eating something else, unless we are partaking of some native product of which we know everything; such as our own vegetables, fruits and fresh meats. Eggs have not yet been counterfeited, but as to milk where is any in our large cities that is not a mixture? A hundred mixtures make our ground coffee, and our tea is made over after it has been used at the tables of hotels. There is a substance called terra alba, or white earth, brought from Ireland for two and a half cents a pound which enters largely into many of our confections; and when sugar costs from fifteen to twenty cents a pound, the temptation to adulterate is scarcely to be resisted by unprincipled shopkeepers. The body of candies and the coating of lozenges and almonds are made of this in many cases, as it is whiter than plaster, and is largely used in the adulteration of flour. In one ounce of lozenges two-thirds of the weight, when dissolved in water, was nothing but this white earth, and the lozenge did not contain an atom of sugar of any kind. Gum Arabic is too costly for pure gum drops to be made to advantage, so a substitute is made, which, although it is beautiful to look at, is very poisonous.

Liquorice drops are made for the trade of the poorest kind of sugar and lamp-black, and merely flavored with liquorice. Twenty parts of liquorice and eighty per cent. of white earth is dextrously mixed and sent to the South and West as pure liquorice. Traders do not hesitate to use the most virulent poisons to make pickles appear fresh and green; while it is a notorious fact that skilled persons can by a combination of drugs make almost any liquor known, and which will so nearly resemble the taste of the true article that experts are deceived. To escape the impositions, it is not sufficient that a man have the utmost confidence in his grocer for he, too, may be profoundly deceived. Let every family have the courage to make its own bread, to prepare its vinegar, to brew its own beer and express its own wines, if they must be had; to buy its own coffee in its green state; to put away its own pickles; to prepare its own sweetmeats, and as to every compound article of food which comes to the table, let it do its own mixing.

PHYSIOLOGY OF REPENTANCE.

THE religious sentiment of the whole country has experienced a revulsion and a shock recently which, it is to be hoped, will not be repeated while time endures. The model monster, who was recently executed at Philadelphia, for the murder of a confiding family of eight persons within an hour, in the expectation of getting a little money, professed repentance, and a confidence of forgiveness, just as he was swung off by the neck like a dog, and that with a known lie in his mouth: and what makes the matter worse, educated religious advisers did not hesitate to give countenance to the horrible profanation of professing their belief in his sincerity.

Akin to such an absurdity is the workings of the mind when a man wishes to commit a crime; he first persuades himself that the act contemplated is not a crime in this particular case, although as a general rule it is unquestionably so. Men have committed adultery, and then hushed their own consciences by pleading the examples of Abraham and David. Passion, Appetite, Fear—these, when they reign supreme, seem to cloud the intellect, or in some way derange the mental machinery, and, for the time being, prevent its healthful working. It is known by those who have been reared among negro slaves, that they do not believe it wrong to steal from their masters. A lady who had inherited a faithful domestic, to whom was entrusted everything, was so shocked one day in finding her pilfering, that she burst into tears. "La, Missus!" exclaimed the surprised darkey, "you needn't take on so, I'se been doin' sich things all my life." In a professional experience of thirty years at the bedside of the sick and dying, the writer has never known a single case when, in the immediate prospect of death, professions of religious sentiment were for the first time made, that were not repudiated on an unexpected recovery. The truth is a true religious sentiment is the offspring of love, and affection and gratitude to Him whose offspring we are; the semblance a sham piety, arises from threats, fear, compulsion, as was ludicrously exhibited in our little Robbie. when one day, in his seventh year, we being down town, the tall chimney of our dwelling was induced, by a tornado, to make a voyage of discovery through the roof, with a young ocean of water. "What shall we do, mother?" cried the boy, in great terror. "Pray to the Lord, my child,." But Robbie being a minute man, and seeing no signs of the remedy being put in operation by his respected maternal progenitor, exclaimed, with the utmost impatience, the bricks still tumbling in, and the cataract of waters givin' no indication of a surcease, "Why don't you do it, then?" and feeling thrown on his own resources, down on his marrow bones he went—"Now I lay me down to sleep." Just as he arose from his spontaneous devotions he observed that his younger sister was following "in the same line;" but looking up through the roof, and seeing the clouds all gone, his whole countenance overspread with joy, exclaimed, "Needn't pray now, Alice, the sun's shining."

Reader, let your piety be prompted by the habitual contemplation of the goodness of God in the sunshine of health and prosperity and a calm life; then, should storms threaten, and adversity come, and sickness waste the health away, you can look it all in the face fearlessly, and feel, as the last life strings are breaking, "I know that my Redeemer liveth;" and at the first blast of the trumpet, which wakes the world to judgment, you will find yourself robed in spotless purity, among the shining ones.

CAUSE OF AGUE.

A correspondent of the *Prairie Farmer* says that he was prevented for ten years from emigrating to Illinois by the apprehension of suffering from the prevalent sickness of the country ; and expressed the opinion that thousands of others spend year after year in listless inactivity, or in the comparatively profitless cultivation of the stoney soil of the East, when they might soon become independent, thriving farmers in the boundless West, where there is a fine, rich soil, a mild climate and a plenty of room. He observes that the people were sickly where he was "raised," until they derived their family supplies of water from well cemented cisterns ; by which he probably meant, that if rain-water was used for all cooking and drinking purposes, fever and ague, with many kindred ailments would disappear.

There is fever and ague in the South, and plenty of it, in its most aggravated form ; and yet, in cities, villages and on the plantations, cistern-water, obtained from the roofs of buildings, is very generally used. There is more or less of chill and fever in the torrid and temperate zones, whether in the old world or the new. The presumption is, that as people live to a good old age in all latitudes, the water of each country is adapted to the health of that country. The earth was certainly intended to be cultivated and replenished ; to be filled with thriving people.

Wrong practices follow wrong theories ; hence it is important to understand the true cause of fever and ague. As the malady prevails only in warm weather, and does so within the antarctic circles, it must arise from something invariably connected with these latitudes ; and that thing seems to be, as far as our present knowledge extends, the combination of three elements, heat, moisture and vegetable product. These three ensure one result, vegetable decomposition, giving rise to a constituent of the atmosphere of that locality, which originates that disease known as fever and ague and its kindred maladies, epidemic diarrhea and fevers. Whether this constituent is inert matter, or possesses vegetable life, or is of a breathing animal nature, the laws by which it is generated are one and the same ; and there are two ways of successfully contending with it :—to prevent its formation by proper drainage of the face of the country, or to resist its pernicious influences by keeping fires in our sitting-apartments for the hour including sunrise and sunset, these being the times when the atmosphere is known to be most loaded with the offending ingredient, which is thoroughly expurged by a sufficient amount of heat.—*Watchman and Reflector.*

INTEMPERATE WOMEN.

"GIVE me some brandy," said she, as she seemed to be slowly recovering from a swoon in a bookstore. She conversed fluently, was highly educated and wrote a beautiful hand. Her husband was a merchant, worth nearly half a million of dollars, and connected with some of the best families of New York. Her love of liquor was so great that every member of the household was trained to keep such a watch that it was next to impossible to obtain it under her own roof. Friends and relatives knew her failing so well that they habitually acted in concert with the unfortunate husband, to save his name, and their own. But now and then the fiend of drink would come upon her with such a frenzy, that all the powers of her gifted mind were at such times, bent upon obtaining the means of ministering to the insatiable appetite for brandy; and one of her plans was to step into a store where she was unknown, enter into conversation with all the grace and culture of a refined woman, and in the midst of it to feign a swoon and a slow recovery; and then, to call for brandy, as stated at first, with the perfect certainty, under the circumstances of the case, of having her wishes gratified. At times she would go to some village near New York, go from store to store, and in a short time would be carried from the street in a state of beastly intoxication. Rumor has it that a number of ladies, the daughters and wives of men of position in trade and finance and family in New York, have made application for admission into the institution at Binghamton, New York, the object of which is to make a scientific attempt to cure those who are the victims of intemperance and are willing to make an effort for their own reclamation. It is known that the wife of one of the most honored men in the nation, lately deceased, was a habitual and unreclaimable drunkard, and died such.

The early use of tea and coffee by our daughters is the first step in this direction. It is surprising how often at public and private tables when young ladies are asked how they will take their tea, "strong," is replied. Then again it is the habit of New Yorkers to have tea and coffee at luncheon; thus it is served three times a day, for it is never absent from the 5 o'clock dinner table. Another cause is that in any attack of indigestion, or the over fulness of a hearty meal, or other derangement of the stomach or bowels, brandy has become the panacea, and mothers and fathers have it at their tongues' end for all such occasions, but more especially the mothers, for they are always at home. Then again, beautiful women, women of known conversational powers, who sing well, or dance divinely, or have the reputation of being "good company," find themselves at times unfitted for the occasion, and would willingly remain at home; but from the 'must' of propriety or courtesy there is no appeal and something is done to aid them in being 'up to the occasion.' It is on the same principle precisely that so many politicians and public speakers, and wits and poets are led into habits of intoxication. The woman of any age who finds herself drinking cold tea or coffee between meals, or of taking a glass of wine or other stimulant before 'going out,' is not far from a drunkard's grave. Nor is the politician or orator who takes a glass of brandy and water before speaking; nor the minister who before he goes into the sacred desk, feels the need of a cup of tea or coffee, or a glass of wine or a brandy toddy. The wise will be warned. He who says, "There is no danger for me," is already lost!

RAIN AND HEALTH.

ALL the common epidemical diseases are of vegetable origin, such diseases, for example, as fever and ague, diarrhea, dysentery, bilious, yellow and congestive fevers, and cholera. But disease does not arise until the vegetable has decayed, or decays as it enters the system by swallowing or breathing; but this decay cannot go on unhealthfully to man unless there is a moderate amount of moisture with considerable heat. If the heat is enough to produce the dryness of dust, nothing hurtful arises; or if the moisture is enough to cover with water several inches deep, either the water absorbs the disease-engendering elements or the process of their formation is absolutely discontinued.—Hence abundant rains, or rains less abundant but cool, will always arrest the spread of any of the diseases named; although in some cases, the person already attacked may be the more likely to die. Cold weather as promptly arrests the spread of cholera as yellow fever; and abundant cold rains are doubly beneficial in that direction. June, 1866, was a cold, rainy month, and epidemic cholera did not appear in the city of New York, although it was on board of ships in the harbor. July was an unprecedentedly hot month and the disease at once manifested itself; but by the end of July the wet surfaces had become dry, the cold rains came and the disease rapidly abated to less than half-a-dozen deaths from cholera a day. In Brooklyn, on the other side of the river, the localities where the disease prevailed was lower, flatter, more damp and were not dried by the July suns; but more surface-water was evaporated, leaving the muddy bottom exposed, thus promoting decay and aggravating the malady. Hence it has been noticed that cold, wet summers give fewer deaths, as the following figures will show as taken from *The Builder*, by which it will be seen that there were the largest number of deaths, in the years during which there was least rainfall, and *vice versa*. Thus in 1864 when sixteen inches of rain fell, twenty-four persons died out of a thousand, in round numbers; but when in 1860 thirty-two inches of rain fell, covering surfaces with water, only twenty-one died out of each thousand. The intelligent and thoughtful will see the bearing of these statements and will be pleased and interested in conducting their observations in this direction.

	Rainfall of each year in inches at Greenwich Observatory.	Annual rate of mortality in England and Wales, to 1000 persons living.
1854	18.7	23.5
1855	21.1	22.6
1856	22.2	20.5
1857	21.4	21.8
1858	17.8	23.1
1859	25.9	22.4
1860	32.0	21.2
1861	20.8	21.6
1862	20.2	21.5
1863	20.0	23.1
1864	16.7	23.9
1865	29.0	23.4

ILLOGICAL SEQUENCES.

"A boy died lately in Chicago from the effects of swimming in a pond where the carcasses of animals had been deposited."

Such is the assertion of a scientific publication. A simple statement of facts, without inductions, or inferences, or mere opinion is an invaluable faculty possessed by perhaps one in a thousand. Multitudes of fatal errors in relation to health and life are thrown upon the world from time to time by thoughtless or ignorant writers. Only men of thought, of high mental discipline are really capable of a safe use of facts; it requires a logical mind and great powers of close and accurate observation.

The reader may owe his life to the proper interpretation and practical use of the idea of this article.

The best way of stating the fact above would have been: "A boy died after swimming in a pond where animal carcasses had been deposited." — That is the bald statement. No one knows from this single instance whether he died from staying in too long, or from over-exertion in the water; or from remaining in until he was chilled; or from having gone in while heated; or from going in after a hearty meal. Death has frequently followed from each one of these causes. There are five chances to one that death did not result from decaying carcasses in the water. The daily papers announced yesterday that a woman "caught the cholera" from handling the clothing in which a cholera patient had died. Here is a fact and a theory so intimately conjoined that thousands of indiscriminating minds and other thousands who are too inert to investigate, would lay down the paper and adopt as a life-long sentiment, that "cholera was catching" from handling the clothing of the diseased, while the whole medical world are divided point-blank on that subject. The facts of the case were, an old woman was made drunk and persuaded by the wife of the deceased to go by night and dig up the clothing which had been buried by order of the Board of Health, to prevent a supposed cause of spreading the disease. The age of the woman, the fatigue, the drunkenness, the unusual exposure or exercise, were each a possible cause of death.

It was lately stated that a mad-stone* had been applied to a mad dog's bite in eighteen cases, and not one had been attacked with hydrophobia. The conclusion of nine minds out of ten would be that the mad-stone cured hydrophobia, but neither case was attacked, and the greatest surgeon of his age, John Hunter, stated that out of twenty-one persons bitten by a dog known to be mad, only one became hydrophobic; and it is not stated that anything was done for either of them. If to a man suffering from actual hydrophobia, the mad-stone was applied and nothing else was done, and he got perfectly well, that would be a practical fact of great value. We have never seen any such case recorded. Persons may lose life by losing time in the employment of an inefficient remedy, to the neglect of those of known value.

*The Mad-Stone is said to be obtained from the part of the deer called the rennet, and is larger in the older animals.

BODILY STRENGTH.

Every grain of bodily power, ability of motion, or effort, is derived from the food we eat; stimulants, spirits, and mental excitement call out that power in unnatural quantities, but the power itself is derived from the food, through the agency, the medium of the nerves and muscles. The food does three things before power is produced. It warms, it builds up, it repairs; and ability to work is the result. This process of repair and building may be called nourishing. In general, the elements of all power proper for animal life contain both warmth and nourishment, such as meat and bread: but fruits impart no warmth; while oils, sugar, and starch contain little else than the articles of warmth.

The first necessity for infants is warmth; the milk on which they feed contains both an oil and a sugar. They would die without sweets. The body is warmed by process of combustion, a burning up of the carbon of the system. Sugars, oils, and starches, are almost entirely carbon. This burning of carbon is kindled and carried on by means of the air which is breathed into the lungs.

The more we exercise, the faster or deeper we breathe, and the more air we take into the lungs; hence exercise is said to "warm us up." The product of combustion is carbonic acid, which is exhaled from the lungs. The amount of this acid exhaled during sleep is represented by nineteen; while lying down awake, twenty-three; while walking at the rate of two miles per hour, seventy-three; three miles per hour, one hundred and seventy-five.

Now, as the quantity of carbonic acid gas passing out of the system represents the amount of impurities carried from it, it is seen at once, the powerful agency which exercise has in rendering the blood pure, and keeping it so; for this carbonic acid is taken out of the blood in the lungs by the process of breathing.

When sitting in a room, this carbonic acid gas which comes from the lungs, hovers around the head and face to some extent, and is, with all its impurities, rebreathed; but when working, riding, or walking out of doors, it is carried immediately away by the wind; hence, every breath of out-door air is a pure breath; hence, too, the great superiority of out-door exercise as a means of health, above indoor quiet.

Different kinds of food have various proportions of the elements of power; that is, we can work longer on a pound of bread than on a pound of cabbage.

Scientific men have arrived at the following proportions. The table should be read thus: One pound of cabbage gives two degrees of strength,

Milk 2,	Lean Beef, 6,	Flour, 18,
Cabbage, 2,	Mackerel, 7 1-2,	Lump Sugar, 18,
Carrots, 2 1-2,	Hard boiled egg, 10,	Cheshire cheese, 19
White of egg, 2 1-2,	Bread, 12	Arrowroot, 19,
Apples, 3,	Isinglass, 17,	Cocoa Nibs, 32,
Butter, 3 1-2,	Rice, 17 1-2,	Fat Beef, 41,
Potatoes, 5,	Oatmeal, 18,	Cod Liver Oil, 41.

DENTISTRY.

Good teeth, good looks and good health are inseparable. Ill health destroys the teeth; unless food is chewed well the horrors of a life-long dyspeptic are inevitable. The handsomest face in the world is marred, fatally marred by a snagged tooth. The time to lay the foundation for a set of sound, solid teeth is when the child first begins to eat bread.—The finest set of teeth I ever saw in mortal man, induced me to stop the stranger and ask him if they were natural and how he accounted for their perfection of beauty; he was forty-five years of age, not one missing—not one irregular—not one discolored, and so beautifully white that the sight was charming. He said he had thought on the subject a great deal, especially as all the younger members of the family had very poor teeth; and he had settled it in his own mind that it was the secret of his father being so very poor when first married and for several years afterwards that, living in an out-of-a-way place they used a bread of corn or wheat or rye, as they could get it, rudely pounded into a very coarse meal. At the end of the first few years his father got a little ahead in the world and the younger children were all brought up as he was, except that they had the regular bread made of the common flour and meal; hence he could come to no other conclusion than that the beauty of his teeth was owing to the quality of bread eaten.

Scientific men within the last few years have come to a similar conclusion, and have solved the mystery with as much clearness, perhaps, as can be vouchsafed to questions of that kind.

Of the body of a tooth, seventy-one parts, nearly three-fourths are composed of lime, while of the enamel, upon the perfection of which depends the safety and durability of the teeth, ninety-four parts out of a hundred are lime. Hence the tooth is mainly made of lime. We get almost our entire supplies of lime for the teeth and bones from the bread we eat; but observe, the bran, the outer covering of corn and wheat, is separated from the flour and meal and thrown away; but fine flour contains only thirty-five parts of elements of bone out of five hundred while bran contains one hundred and twenty five parts of the element of bone out of every five hundred. If, then, you want strong boned and perfect toothed children feed them on bread made from the whole product of the grain, from the time they begin to eat bread, beginning too, with the mother, to make assurance doubly sure, a year before they are born.

Many Dentists inculcate two most mischievous errors. Threads should never be drawn between the teeth. A permanent tooth ought never to be extracted to make room for others; Nature knows what she is about; every tooth is needed to develop the jaw, and that is of more importance than regularity. Soft brushes only should be used for the teeth and no wash except soap-suds twice a week, and every night and morning the following: Dissolve two ounces of borax in three pints of boiling water; then add a teaspoonful of spirits of camphor; keep it well bottled. A tablespoonful in as much warm water at a time. Or dip a brush in water and rub it on the teeth until the accumulation of saliva is sufficient.—This makes the softest, safest and most cleansing tooth wash known.

TWO PICTURES.

"I have finished the work which thou gavest me to do," said the Saviour of Mankind, just before he was "carried up into heaven." The legitimate inference is that every man has his allotted task to perform, and that as soon as it is done he passes on to the Judgement. Some have more assigned to them than others, according to their station, their capacities and their opportunities. How much some do, how little others, is amazing. But no one can doubt that the actual amount of good-doing of any individual would in any given case, be increased, or done better, or in a shorter time, if the body was in vigorous health. Hence every christian man whose heart is full of a desire to do as much as he can for HIM who has done so much for him, should study and practice the means of keeping himself well.

One man is born to poverty and obscurity, yet rises to benefit and bless multitudes; another born to large wealth, or good family and an honorable name, a child of "great expectations," lives and dies, but 'leaves no sign,' that he ever existed for any good. The reason is, the poor boy is obliged to exert himself early for a living; this exercise calls out his energies; these grow by use; he sees it, feels it, and forthwith becomes conscious of a power within him which it is a pleasure to wield; then comes self-reliance and an ambition for greater things; and he wins. But in the prosecution of these things both mind and body have been exercised steadily, and the result is vigorous, manly health, which by this time has become a power for 'greater things than these,' and a power, too, which "lives to a good old age."

The petted child of family and fortune, having bread supplied to his hand, and soon learning that enough has been provided to last him a lifetime, very naturally yields to a lazy, self-indulgent life; his study is not how he may get, but how he may enjoy. At first he runs the rounds of superficial pleasures, sipping from each flower of passion as he passes along; now yielding to one self-indulgence, then another; next come the more positive animal appetites, then the cigar, the glass; gaming and gluttony follow in the train, and before he knows it he is regarded as a gourmand, a rone and a sot; money spent, position sacrificed, character stained, health ruined, life blasted, he lays himself down to die, forsaken of friends, left to remorseful memories of opportunities lost and talents desecrated; meanwhile disease preys on his vitals, darting its fierce and fiery pains through every limb, stretching, tearing, crushing every nerve; no moment of repose; no drop of water; no smile from other face; no touch from other fingers; no kindly word from other lips; he writhes in wretchedness, a ruined wretch—a wasted life, a lost soul. Two pictures, young man; it is in your power to choose which you will sit to! What is your election?

THE TOMATOE

Is, perhaps, liked more than any other vegetable.

It is remarkably productive.

It is uncommonly nutritious.

It is indisputably healthful.

It is equally advantageous to the system raw or cooked ; whether cold or hot ; whether eaten alone, or with salt, or sugar, or vinegar.

Its proper season is until the fore part of Autumn, but if shortly before that, the vines are hung up in a well ventilated cellar not too warm or too dry, the tomatoe will continue to ripen until christmas. This important fact ought to be made known to the widest extent.

The reason of the unusual healthfulness of the "Love Apple" of olden time, when in our easy recollection it was cultivated only as an ornament for the garden and the mantle-piece, is worthy of being explained.

Chemical Physiology has demonstrated that all acids have the effect to clear the bile out of the system by stimulating the liver to increased activity. It is this excess of bile in the blood in the Spring of the year which makes it impure or as some call it, "bad blood," or thick blood, and which our grand-dames used to seek to "thin" or purify, by drenching us with sassafras tea or choking us with powdered brimstone in molasses. Hence it is that by an unappeasable instinct, nature yearns for something sour in the Spring, and we are impatient for the early fruits, and berries and first spinnach, not because of the spinnach itself, but because it is known to be eaten with vinegar, and it is the acid that is craved. So also do persons crave something sour when they are getting bilious ; or are recovering from a bilious attack, or are simply a little feverish, which means that a bilious attack is impending, and which acids taken freely, will avert with great certainty. It is the pleasant acid in the tomatoe which makes it healthful as a blood purifier ; so pleasant it is, that large quantities can be taken without oppressing the system.

But in another important direction is the friendly tomatoe peculiarly promotive of a healthful condition of the body ; the seed, like those of the white mustard, pass through the alimentary canal unchanged and tend to promote that daily regularity of the system, without which good health is not possible of continuance for forty-eight hours ahead. These seed act mechanically on the mucous membrane of the alimentary apparatus, causing it to cast off and wash out those waste matters, the retention of which is the prolific cause of not only the ordinary diseases but of some of the most dangerous and speedily fatal maladies. If women, children, sedentary men and invalids, and persons in poor health generally, could be induced during the warm weather to live almost wholly on coarse bread, samp, hominy, wheaten grits, with fruits, berries and tomatoes, an incalculable amount of Summer and Autumnal diseases would be avoided.

HEALTH HODGE PODGE.

INTERMARRIAGE.—Official documents show that seventeen families who married cousins had ninety-five children, forty-four of whom were idiots; twelve others were scrofulous or puny; another was a dwarf; another was deaf; so that more than one-half were deformed. Surely they can not be wise who in marrying cousins deliberately run such fearful risks. The very sight of a deformed child is a living torture to any mother's heart, and only the grave of one of them can end it.

RECREATION AND RENOVATION.—The body is recruited by a change in the form of its exercise; the mind is renovated by sleep, by profound rest; hence the best way of reinvigorating the whole man whether of the laborer or the literateur, is not to go to the springs or some country house and lounge, and loiter, and eat, and dose away the tardy hours, but to secure employment which will bring into requisition those muscles of the body which have, in a measure, been lying dormant, and to keep up that exercise in the open air day after day to an extent that the body shall be so fatigued that deep sleep comes within five minutes after the head has reached the pillow, that gives natural rest to the brain which, for the whole day following will thrill the whole body with the electrical influences which it distributes through it by means of the nervous system; and if this process is repeated day by day, it will not be a week before a new spring will be added to the step, a new fire will sparkle in the eye, a new energy will be infused into the mental faculties, and the whole physical man will be rejuvenated, while heart and soul will respond to the general invigoration.

SLEEPING ROOMS should always face the south so as to secure all that is possible of the drying, life-giving and purifying influences of the sun's rays. In modern Rome this is perfectly understood by the citizens and just double is asked for a room, or a parlor or lodging-place which faces the sun that is asked for one of a Northern exposure into which a sun's ray never enters. With us, many a man builds a house so that the halls or passages are between the sun and their chambers.

THE SECRETS OF HEALTH are six:

First, Keep warm. Second, Eat regularly and slow. Third, Maintain regular daily bodily habits. Fourth, Take early and very light suppers. Fifth, Keep a clean skin. Sixth, Get a plenty of sleep at night.

MADNESS.

"WE thank Thee for the privileges of the holy Sabbath-day, for the health we enjoy, and for the proper use of our reason," were the first words of an introductory prayer, uttered by Dr. James Alexander not long before he died. It struck us at the time as one of the most comprehensive utterances we ever heard of that nature ; and that the obligations to gratitude for the last item were infinite. The mind went over in an instant to the lunatic asylums which we had visited in different and distant countries.

"And for the proper use of our reason !" Without that what of worth is glorious bodily health ! and vain the blessed privileges and the sweet rest of the Sabbath !

We have no recollection of another syllable that followed, of prayer or sermon ; but countless times has memory recalled the words, "and the proper use of our reason ;" first to the words and then to the speaker ; so like a ' man of God ' in all things, as they most felt he was who were nearest to him and seen him oftenest.

Madness, not hereditary, nearly always comes from some sudden shock, or from thinking too much on one thing. The former may not be provided against ; the latter can be, because we are warned of its approach by an inability to sleep, which grows as the weary weeks pass on, until mind and body are hopelessly wrecked. The moment we find that troubled thoughts prevent our sleeping, a prompt and desperate effort should be made to divert the thoughts into another channel, by breaking off from all business, and in exciting adventures, or dangerous or laborous travel, wake up the nervous energies to new lines of action.

It was a dark, drizzly, cheerless November day. A furious storm was sweeping over Lake Michigan, and an old man, bare-headed, his long, lank grey hairs streaming in the wind, stood on the beach, convulsively waving a white handkerchief as if warning some one to hurry to the shore ; and so he had once done in reality, when his three manly boys were out upon the waters in an open boat and he seeing the storm approach before they did, hurried to the shore to give the timely warning ; they recognised him, knew what the signal meant and pulled away with all the energy of endangered men, but perished in his sight ; and ever after when he saw a storm gathering he repaired to the beach, as if he still saw them, and they might be saved.

Reader ! be thankful always, that no terrible calamity has never hurried you into madness.

PASSING AWAY.

Beautiful and bright are the mornings which come to the young, and hours of gladness follow, and thus for successive years, until at length a day comes, the rising of whose sun was as bright as any that ever preceeded it, and yet, before its close, an incident has occurred, almost as unlooked for as a gleam of lightning in a cloudless sky. The unexpected crease has been for the first time noticed in the hitherto polished forehead so faultlessly smooth, and the unwelcome conviction flits across the mind that youth is "passing away." A while later, and the cords and veins begin to stand out on the back of the hand, and we instinctively draw it in, as if afraid our friend might also notice that we were "passing away."

Next, the hateful crow-feet disfigure the corners of the eyes; we walk around an obstacle rather than clear it at a bound; we let down the bars rather than scale the fence; we are not so hot for argument as we once were; we rather sit in silence than contend; we become less unpromising in our opinions; our assertions are less dogmatic; our invectives less sweeping; we become more considerate; more disposed to "make allowances" for the faults and foibles, and even the crimes of others, as if growing more in unison with the sentiment:

"That mercy I to others show,
That mercy show to me!"

and as if we felt that to the "judgement" we were "passing away." Then again, a tooth or two has fallen out, and we instinctively take a seat at the window, when about to read the morning paper; we look more for facts, less for opinions; men's characters are measured by their conduct rather than by their professions; we are more anxious to learn what men do, than what they say; and we consider what is in the heart of greater importance than what is in the head. In all our judgements we are more deliberate as we become more sensible that there is less ability and less time to correct mistakes, for that we are "passing away."

The streets are now less full, and so are the churches, of the friends of our school-boy days; of whom in the whirl of business we have regretful thoughts, and feel of some one more distinctly remembered, "O, how I would like to see him again;" or, as to some other one, known to be living, we determine we will write a letter and talk of old times, and make a thousand inquiries about mutual class-mates and friends; but in another hour business engagements crowd in, the letter is never written; and the next we hear—"he is dead." Then comes the feeling, with an overwhelming force, that we also are "passing away!" And so we are, dear reader, but be it our care, that while the physical man is letting go its hold on this mortal life, the spiritual shall grow stronger day by day, rising above the clogs and shackles of the mortal frame preparatory to being disengaged from it altogether; and at the instant of its complete disentanglement, the vision of "the substance of things hoped for" so long, breaks in upon the ravished sight, and we have "passed away"—to Heaven!

CONSUMPTIVE LOCALITIES

Not those which cause consumption, but which prevent or tend to cure it. Whatever represses the action of the lungs, as grief, or binding clothing, tends to develop Phthisis; whatever expands them, wards it off, on the principle that the larger the lungs are, the better is the blood purified, because more air is consumed—that is, more oxygen is conveyed to the blood, and oxygen is its life. All know that the narrow chested are more liable to the disease than those who have well developed lungs—not so much that the latter had more lungs originally, but that from habits of life the now good pair of lungs were exercised, more developed, were brought to their full capacity, thus enabling them to receive a much larger amount of air at each breath than would have been the case otherwise.

A bladder partly filled with air, will soon distend to bursting if held near the fire, because the heat rarifies the air, and makes a given amount occupy a larger space. The higher we ascend above the level of the sea, the more rarified the air becomes, and distends the lungs more fully; but this given quantity being less nutritious than an equal bulk of common air, the lungs make instinctive efforts to take in more, and this has the effect to give the lungs a permanently fuller development. If half an hour daily is expended in taking in forcible, full and deep inspirations, the circumference of the chest is perceptibly increased. Besides, the air of elevated situations being purer, is more nutritious, gives more life and vigor to the system. All know that mountain air is purer than that of the plain, and that mountaineers are more healthy than those who live on flat lands. About one person in six dies of consumption in England and the United States. In the City of Mexico, seven thousand feet above the level of the sea, about one person in every hundred dies of consumption. In the higher Alps it is almost absent. It is a rare occurrence among the Priests on the great St. Bernard, and is scarcely ever observed amongst the inhabitants of the upper Alps and when they do become consumptive away from home, and return to their native mountains before the disease has made great progress, they are generally cured. The further we go north, the less elevation is required to almost banish consumption. In the tropics, it is rare above seven thousand feet; in the temperate zone, it is rare above four thousand feet; in Switzerland, between forty-six and forty-eight degrees, North Latitude, its frequency diminishes above three thousand feet; in the Black Forest, between forty-seven and forty-nine degrees, North Latitude, above two thousand five hundred feet; in the Hazy Mountains, and those of Thüringen and Selicia, between fifty and fifty-two degrees, North Latitude, at an elevation of one thousand five hundred feet, consumption is almost unknown.

Brehmer assures us that he has never seen tubercular consumption in the Görbersdörf at one thousand seven hundred feet. Birds which live most in the higher regions have the largest lungs. The great practical inference is, whatever promotes a full and deep breathing, tends to the arrest and cure of consumption, whether it be by breathing a rarified air in elevated localities, or to promote deep breathing by artificial means; and these have been our principles of treating consumption for more than twenty-five years.

CHILDISH BAD HABITS.

SOME time ago a child died under such circumstances that the physician made an examination after death and found that the stomach was ulcerated in various places, and that at each ulcerated spot there was a bit of finger-nail stuck into the membranes. The symptoms attendant on the pernicious habit of girls at school, particularly of biting off the finger-nails, is great paleness of the face, and occasional bleeding at the nose. When once a child gets into this habit, it is almost impossible to break it up by verbal admonitions, or even by punishment; the very fact of its being forbidden, seems to impel to the act of biting the nails and swallowing the particles when they are alone or unobserved. A very efficient method of breaking up the habit is to compel the wearing of a woolen mitten.

Sometimes young children get into the way of sucking a finger or thumb, apparently as an amusement, or as a means of getting to sleep; it is not known that any special ill results follow this, except that it may cause a deformity of the part, by preventing natural and healthful growth; but a coarse woolen mitten will very certainly break up the practice. Infants carried mainly on the left arm of the nurse, very soon get to use the left hand. Whether from this, or any other cause, the child is getting to be left-handed, a large woolen mitten tied to the wrist, so that it cannot be easily removed, will break up the habit in a short time.

Some children are peculiarly wayward and perverse, and fall into bad habits imperceptibly, and when once formed, they seem to take satisfaction in keeping them up, especially if the parents remark upon it in the presence of others as a singularity. Children, as well as grown persons of no great strength of mind, will do more to keep up the character of singularity, if it is remarked upon, however undesirable or unseemly it may be, than they would to break it up. There seems to be a something in us all, more or less, which impels us to invite attention to ourselves, even though it be by affecting disagreeable singularities. Many a child is confirmed in stuttering by unwise comments on it on the part of the parents. When a child is observed to be falling into any bad habit or practice, it is the best plan to devise some method of breaking it up without calling the attention to it, by so arranging matters, that the habit cannot be indulged in without inconvenience or discomfort, such as requiring the mittens to be worn in the cases above named.

Children will always be more tractable, and will be much more easily withdrawn from undesirable ways if parents would only take the simple precaution of never speaking of the fault in the presence of a third person.

THE LAST HOPE.

HENRY CLAY and Andrew Jackson, and a long list of the celebrities of a former generation, after they had attained the highest positions possible to them, seem to have found that they did not bring that quiet, enduring and satisfying happiness which they were supposed to have possessed, and turned their disappointed eyes and hopes at last to membership in the Christian Church and the communion with saints, as the only pillow of repose on which to rest their weary heads, after the stormy conflicts of life had ended.

Within a few months, two ex-presidents and several military and veteran public servants, have sought by obtaining admission to the communion table to soothe life's sorrows and disappointments in the contemplation of the eternal mysteries which lie beyond the boundaries of Time ; for as men grow old they find themselves more and more inclined to look to the religion of the Bible as the only thing not entitled to be numbered among the vanities of the world. With still greater interest do those who have been cradled in the Church from early youth, desire to look for happiness in the hopes, and comforts, and promises of the Bible, as they near the confines of eternity ; as they grow older, and their steps become more tottering, and their vision dims, and their memory fails, and they are more and more left alone in the world, by the steady and rapid inroads which death makes in the list of early friends, associates and kindred, they turn their failing spirits to the Bible, and more eagerly bend their weary steps to the sanctuary, to have their hopes brightened and their faith stayed in the expositions of the scriptures. To them the "Law of the Lord" is an increasing delight, and every Sabbath they learn more and more of the truthfulness of the sentiment enunciated by the sweet singer of Israel, "A day in thy courts is better than a thousand anywhere else ; and that to be a doorkeeper in the house of God where one can at least stand on the outside and be in hearing of the songs of the saints is better than to serve in the palaces of Kings."

Many old persons go to church who cannot hear a word, as if they wished at least to be found in the way of duty, and be in the Savior's shadow, should he chance to pass along. It is sad, but in a sense a pleasant sight sometimes, to watch deaf persons in church, how earnestly they look at the minister, and with spread palm behind the ear, they seem to want to catch at least a falling crumb to appropriate to their christian needs, for aliment to the hungry soul ; and we can not think of any sweeter charity, next to that of making up a fund, the interest of which would generously provide for the reasonable wants of worn out and invalid ministers, and their helpless widows and orphan children, than to have all the seats in our churches just fronting the pulpit, free to the old ; and furnished with an apparatus now enjoyed only by the wealthy few, which would enable the deaf to hear every word uttered by the minister ; then, indeed, would "The deaf hear, and the poor have the gospel preached unto them."

ARMY DISEASE AND DEATH.

There was enlisted during the great Rebellion, on the Union side, —	
Regulars already in the army, - - - - -	2,688,523
Total, - - - - -	14,000
The number who left the army alive was - - - - -	2,702,523
	2,408,103

So there died of battle and disease - - - - - 280,420

The total number of colored troops was - - - - - 180,005

The total number of deaths among the whites was one out of every ten; while one out of every six of the colored troops perished.

Out of every eight deaths among the whites, three died on the field and five from disease. Of every nine deaths among the colored, one died on the field and eight from disease; this shows that greater intelligence enables a man to endure more, and that this intelligence tends to exempt from disease. Many cases are recorded where captains of companies and commanders of vessels have endured the sufferings and exposures under which the common men perished. On one occasion the superior intelligence and moral courage of Dr. Kane, a small and feeble man, by sustaining the spirits of the crew, saved them from perishing with cold; for the same reason, an intelligent man will perform more labor under given circumstances than an uneducated workman. Hence an educated mechanic will always do his work better, faster and easier than the uneducated;—thus, whatever pursuit a child may be intended to follow, a good education is a very important element of success.

Not only is intelligence an element of health in the pursuits and occupations of life, but experience is another; the regular soldiers in the Union Army had a mortality of fifteen per cent. less than the volunteers; it was observed in all parts of the country, that in the commencement of a march the volunteer would encumber himself with this, that and the other supposed indispensable article, amounting in all to half as much again in weight as would the experienced soldier; but after the first few miles, first one thing would be thrown aside, then another, until at the close of the very first day's travel, the roadway of the line of march would be fairly covered with every variety of articles of supposed comfort that a person could think of, and many a man who could in the morning have set up a young hotel or clothing store, would at the close of the second or third day's march find that his entire stock in trade amounted to a tin cup and a blanket. Two important facts stand out in bold relief in these army returns: First, two died of disease where one died in battle. Second, Two colored troops were lost to one of white, in proportion. Third—Intelligence is a great help to a man in bearing the difficulties and exposures of life, enabling him to survive hardships under which the uncultivated soon sink into the grave.

DRINK A DESPOTISM.

In February, 1866, a lady sent for a physician to see her husband, who was laboring under symptoms which she could not comprehend. He was a man with over three hundred thousand dollars, was highly esteemed, and had a most interesting family. To an ordinary eye, there was no special disease; there was no pain, there was no strength, no appetite, no enjoyment; but the physician, in the peculiar condition, discovered that the patient was laboring under the influence of long continued and incessant stimulation. He communicated his views to the wife as soon as an opportunity offered, and retired. The husband naturally desired to know the physician's opinion: "He said, my dear husband, that you were under the influence of constant stimulation, and that unless you renounce the habit, you cannot live three months." "I can't do it," said he, and within the time he was buried. Every earthly consideration of family, fortune and friends appealed to him in vain, and failed to drag him away from his suicidal habits; to all their calling him from despotic indulgences, he could only respond:

"I can't do it!"

and yielding himself hopelessly to his captor, he perished in his prime.

It is related that a man, addicted to drink, was sent to the penitentiary for some crime; no liquor was allowed convicts, except by special medical direction, and every possible device having failed to secure him a supply, he came running to the keeper one day, holding out the bleeding stump of his arm, calling loudly for brandy to staunch the blood; in the flurry of the moment, a bowl was handed him, into which was thrust the gory stump, and the next instant he gulped the contents at a draught. Such are some of the despotisms of drink, and the only certain method of preventing one from falling under the influence of a tyranny so terrible, is never to take a drop—such only are safe.

In 1852, when the yellow fever raged so furiously in New Orleans, nearly five thousand of the supporters of grog shops died before a single temperate man was attacked by the disease. In the very same year, when nine hundred died of cholera, only three were tetotallars; and when the pestilence swept off one in sixty of the entire population, of Albany, N. Y., only one in twenty-five hundred of the strictly temperate were seized with the malady. Yet, with these facts before the people, and the disease at our very doors, a very large number of our merchants and multitudes of mechanics find it impossible to leave off the use of spirituous drinks, even for a season; with so terrible malady staring them in the face, intelligent MEN WILL DRINK AND DIE!

BREAD MAKING.

Bread is the staff of life literally. The French make the best in the world, one secret being that the dough is put into the oven at a high temperature, at which it is kept, marked by a thermometer, until it is done. It is however known, that other things being equal, the more thoroughly the dough is kneaded, the better will be the bread. Bad Bread puts nameless thousands of gold into the doctors pockets every year, and hurries multitudes into an untimely grave. The following method, from that excellent and popular paper, at Albany, New York, *The Country Gentleman*, is one of the very best.

"Take six good-sized potatoes, wash and pare them, and boil in two quarts of water, and with them a handful of hops, in a small bag kept for the purpose. When quite soft take them out, mash fine, and pour upon them the water in which they were boiled, adding a little water to make up for what may have boiled away, and also half a cup of salt and same of white sugar. When cooled down to a lukewarm temperature, add one cup of yeast to ferment it with. I do not say raise, for it does not rise; it works like beer, and having been covered closely and kept in a warm place, in the course of five or six hours the entire surface will be covered with fine bubbles, which indicates that it is ready for use. It should now be bottled and put in the cellar, where it will keep a long time. The bottles must not be corked tight at first, or they will be liable to burst. If the theory be true that some of the same kind must be used to start with, some difficulty may be encountered in introducing it where it is not used. I was furnished with some of the right sort in the beginning, and therefore had no occasion to experiment; and, though I have been gravely assured by those who have done so that no other would answer, still I would do so if occasion required. One cup of yeast is sufficient for three common-sized loaves, the requisite quantity of flour for which every cook knows. I usually mix my bread with milk, because I like the taste better, although I have made lighter, nicer looking bread with water than with milk.

"Very good cooks say they would prefer water to milk for the purpose even at the same cost; that is a matter merely of taste. I prefer to mix it up at night in order to bake it in the early part of the day, stirring it until it is as stiff as it can be stirred with a spoon, liking this method better than setting a soft sponge, as some cooks do. In the morning, the temperature having been favorable, my pan is filled. I then take it out upon a board, and knead it thoroughly, alternately chopping it with a chopping-knife, and working on more flour as long, I had almost said, as I can get any in. If made with water, I work in a little shortening; if with new milk, none is necessary. In this thorough kneading process lies one secret in bread making, the advantages of which some cooks do not know, or knowing, do not care to profit by. Some prefer to dip their dough into the tins with a spoon. Well, let them do so, but the sequel does not show such bread as is needed (kneaded,) spell the word as you will.

"Having accomplished this part of the process, I return it to the pan and let it rise the second time. I then take it out, form it into smooth loaves, let them rise until the tins are rounding full, and bake. 'For the length of time required for baking,' I have no rule; that of some is just one hour. I bake my bread until it is 'done,' let the time required be shorter or longer."

SPRING DANGERS.

Thousands of families are every year bereaved of the light and joy of the household, in the person of the little first-born especially, before the young mother has had experience to guide her in the preservation of the health and lives of children, but it is an easily avoided bereavement. Croup, Diphtheria and Putrid Sore Throat have their fruitful cause in allowing little children to become chilled in the harsh, raw, penetrating damp atmosphere of sunset in spring time. Out-door air is certainly beneficial, but not always so. Children under twelve years of age ought to be studiously kept within doors after half an hour before sun-down until the first week in May at least. There is a chilliness in the air about sun-down in Spring which often makes, even grown persons in good health, uncomfortable in mind and body, penetrating and chilling the whole frame, and much more pernicious will it be to the tender constitutions of childhood.

In the afternoons of balmy Spring days children engage in their plays and pastimes out of doors with great energy, the novelty of it inducing them to exercise beyond their strength, and as sun-down approaches, it finds them over-heated, weary in body and with a mind robbed of all its exhilaration; in this condition, the only safety is in bringing them into a warm room the very moment they cease their exercise, for if allowed to stand or sit, or loiter about in the cool of the evening, when more or less of a chill wind is always stirring, it requires but a very few minutes of such exposure to chill the whole body, which, falling on the throat or lungs, may prove fatal in any twenty-four hours.

Another fruitful source of these fatal diseases in children is in allowing them to get their feet wet in stormy, thawy or muddy weather; hence, the moment a child comes in-doors from play in Spring time, the feet should be examined by drawing off shoes and stockings, so as to be able to see and feel if attention is needed.

A third cause of death by the above-named diseases in Spring time is over haste in removing winter clothing; the thickest flannel of mid-winter should be worn by all, without any change to a thinner material until the middle of May. This applies to old and young, and it is safest not to wear thinner outer clothing, because any given degree of temperature in Spring is really colder by 15 or 20 degrees than in the Fall, because the atmosphere is saturated with dampness which carries the heat from the body with great rapidity; besides this, the changes in Spring are more sudden and violent than in Autumn. There should be a bright, cheerful fire kept burning every day in the family room of every household until the middle of May north of 30 degrees north latitude. This one precaution alone would save multitudes of lives every year. The following tracts are republished to amplify the subject.

MALARIA AND MIASM.

Malaria is literally bad air, and includes all kind of air not entirely pure. Miasm is a something which arises from the earth under certain conditions, and is of such a subtle nature, that chemical analysis has hitherto failed to detect its presence; and yet, it is so malignant in its effects in certain localities, that a few hours exposure to its inhalation, is sufficient to induce malignant fevers and deadly diseases, fatal within a few days. This miasm abounds most fatally on the banks of sluggish streams and stagnant waters, such as on the bayous of the South and the prairies of the West, and all other undrained localities. But miasm can exist under one set of circumstances only, heat above eighty degrees, with moisture, must act on vegetable matter, until it begins to decay; when decay commences, then the poisonous virus begins to rise and induce its deadly effects. During 1866, some facts were published in Illinois, and simultaneously in France, indicating that the offending material in what was called a miasmatic atmosphere, was possessed of life; a French lady avering in a scientific paper that it was a vegetable product, capable of multiplying itself with wonderful activity; while a physician of Chicago was at the same time carrying on a series of experiments, and making observations, seeming to prove that it was of animal origin, a microscopic insect made clearly visible. It was stated that if a person breathed a miasmatic air, the living thing could be detected in the saliva, and that if a quantity of the air was conveyed to a distance, and was put in a room where it could be breathed, that miasmatic disease, fever, diarrhoea, dysentery, &c., were produced. But whether dead matter or a vegetable product or a living animal, the clearly ascertained laws of miasm remain the same, and one great practical fact stands out with striking prominence, that there should be a good drainage under and around every human habitation, and that no dwelling near stagnant water can be healthful.

CONTRADICTIONS.

If a man were to say to me that the moon was made out of a monkey, I would say nothing, and let him have his own way; either first, because "he was a fool and had no sense," as our mother used to say in an expressive manner peculiar to herself; or second, that he knew better and wanted to provoke argument, and I have seldom found argument upon any subject, especially on politics or religion, either profitable or agreeable; this is particularly the case, if any third person is present; for then, the contest is for victory, and not truth; each one is ashamed to be vanquished, and has an ambition to be appreciated as the better or wiser man, by those who are present, and in the heat of the contest, each closes his eyes to the force of the other's arguments, and makes exaggerated statements, if not downright fabrications, for the support of his own views. If your antagonist is unintelligent, he has a double advantage over you; he is too obtuse to see the force of your argument, or so self-opinionated that he will not see it; besides, when hard pushed, he will make some statement to help him out of the scrape, that is so palpably absurd, that it puts you in a rage, and that moment you make a fool of yourself, and there are two donkeys, instead of one; your equanimity is departed, your "bile has been stirred up," literally, and you "feel bad," and are bad in temper and bodily condition for hours together; and all this, because a numskull had said to you that the moon was made out of a monkey; a very

"Ocean into tempest tost,
To waft a feather, or to drown a fly."

O ye married folk, all over creation, how much of the nectar of domestic bliss becomes "spilt milk"! because of contradictions upon matters too trivial for a second thought. If I make a statement at the table that it rained yesterday at one o'clock, and my wife says, "No my dear, you are mistaken, for the clock struck one, just as we got inside the door, and it was at least a minute before the drops began to fall," now why should I reply to that? Suppose it began to rain a minute sooner or later, it is of no consequence as to the general statement that "it rained yesterday at one o'clock," and yet, in this way, millions of domestic quarrels have commenced, ending in unhappy estrangements for hours, months, years!! Reader, never contradict, especially your wife, for she will always get the advantage sooner or later. Let your replies be deprecatory. If she says "you are a fool," don't argue the case; and if you say anything at all let it be, "that's so," but don't add, "else I would never have married you."

WOMAN.

Angels are the only unabused beings in the universe, but woman, who is only a mite lower than the angels, is the most abused! by that class of men who are vulgar in their natures, brutal in their passions and degraded in their whole being. When we hear a man speak disparagingly of women, as a class, he that very instant becomes so degraded in our estimation, that a lifetime of faultless conduct could not elevate him in our eyes, to the standard of a gentleman. Who but the lowest grovellers can think of mother, sister, wife, daughter, with other than feelings of respect and affection and love. And yet some crazy poet has written,

"O woman, woman! thou art like
To Jeremiah's figs,
The good are very good indeed,
The bad too sour for pigs."

But even this fellow, scape grace as he must have been, could not have for a moment thought his mother, wife, sister or daughter, anything else than "very good," in the sense that all His works are, who made the stars, the sunshine and the flowers.

Celebrities have said several things of woman which, while they are suggestive, challenge indignant contradiction! The very last words of an unfortunate under the gallows at the New York Tombs, in 1854, were, "I didn't intend to kill my wife, but she was a werry aggrawating woman." Now reader, I put it to you, in real earnest and "'pon honor," did you ever in all your life think for a moment, that the dear creature who hangs so lovingly on your arm as when, like a good man you go to church on the Sabbath day, was aggravating? Certainly you can't remember with specific definiteness the circumstances, the time when, and the place where such an unwelcome intruder forced itself on your attention. Harriet Beecher Stowe, who is both man and wife, for we never heard anything of Mr. Stowe; certainly never hung up anybody—except Uncle Tom to the gaze of the world, quotes with seeming approval the great Balzac as saying, "Woman is incapable of logic;" and a very staid placid Quaker friend of ours, who lives in grand style on the retracy of his own made ample fortune; and said it too with a vim, rather remarkable for a drab, "women have no regard for consequences." And a very cavalier said several years ago, his beautiful and accomplished and most devoted wife standing by his side, in our office, and the sentiment was as new as it was startling. A high legal authority in England, has very ungallantly said, "I don't know how it is, but somehow or other, women are constitutionally incapable of speaking the truth."

Reader, when you see such ideas as these put on paper, regard them as "the baseless fabric of a vision," and as a means of verification, follow the advice of a physician who has seen sights! "As soon as practicable take, not Dr. Quack's celebrated cordial and elixir, but if you have never done it before, take a woman, make her your wife, and you will be a better, happier and a _____ wiser man; and so promotive of health is this wife taking, that in all climes and countries, bachelors die earlier, on an average, by several years, than the married."

WRONG END FOREMOST.

"Some persons get up wrong end foremost," was the suggestive remark the other day of a maiden lady, whose sterling worth, the most obtuse would discover after a very short acquaintance. Right merrily do the summer birds twitter in the spring, and the little lambkins too, skip around of a May morning, as if well pleased with themselves and all the world; it is left only to a certain class of human brutes, to rise from their beds in a humor, ugly, mischievous and sometimes even devilish, instead of opening their eyes to the beautiful morning with hearts overflowing with humble thankfulness that they have arisen from the counterpart of the grave, with their property, their reason, their health, and their lives all preserved to them, by the watchful care of HIM whose eye never slumbers or sleeps—they begin the day with angriiness, with impatient fault-findings; ready to fly in a passion at every trivial occurrence not precisely in accordance with their wishes; not content to indulge in their unamiablenesses in their chambers, they bring them down to the breakfast table—the husband to vent them on the uncomplaining and patient wife, the young man in surly orders to the servants, and the budding girl to cast a fretful glance on the good things before her, forgetting that they would have been sweet indeed, were it not for her late hours, her neglect of daily exercises in the open air and her indulgences in eating unregularly, in eating "between times," and in taking hearty and late meals. The pig, when he comes to his trough, quirls his little tail in glad anticipations of good things from the slop tub; and the very sight of a bone causes the faithful dog to wag the extension of his corporosity in seeming gladness; it is for men, at least the class which belongs to, the order of uncultured brutes, to whine and growl and fidget about until the meal is nearly finished, then their brutality is relaxed; they gradually rise to the self complacent and the amiable, and if they had tails, no doubt would wag them with delight like any other dog. This "getting up wrong end foremost," arises from one or two causes, from an inherent snaky, spiteful nature, or from an acquired quality arising from bad habits of life, late hours, gormandizing after sun-down, as if the chief end of man were to stuff his worthless paunch with thrice what it was intended to hold, and in the indulgence of hateful fault-findings, of belittling querulousness, and of those fretful whinings which always indicate a weak mind and a grovelling nature.

LIFE'S BATTLE.

“When you’ve got a big thing to do, go ahead,” were words of wisdom uttered in our hearing by a youth of fourteen, to little “Robbie” as he sat and contemplated discouragingly, a task which had been assigned him, which, in his youthful imagination seemed to be an interminable job. Many a reader will call to remembrance, times when he seemed to have so much to do, that he did not know where to begin, and many a valuable hour has been wasted in trying to come to a conclusion what to do first, under such circumstances there can be no better plan to carry out the suggestion of Augustus C. “When you’ve got a big thing to do, go ahead.” He was a tall boy; fresh from the country, and possessing exuberant health, and a frank, cheerful, generous nature, with his heart in his hand, he was ever ready to help a friend, and would do it with a will. Feeble minds magnify difficulties and perform enough labor to do half the work, in merely clearing away the rubbish. Those dilatory folk who can never “make up their minds; who halt and hesitate and “back and fill” so painfully, that existence is a burden, and half the time, when they do come to a conclusion they change to the opposite from very fear that they have made an unwise choice. Such persons lead a life of inefficiency, of almost worthlessness, and when they die, “are not missed.” If the reader has such an unfortunate and really painful, mental malady, he may derive some consolation from the reflection that it is not wholly irremediable, because it is a quality largely depending on the bodily condition and the mental habits. Vigorous, manly health makes one feel as if he could sweep away every obstacle before him with a wave of the hand; that health should be striven for in an active life, which keeps the body “on the go;” which taxes the mental energies to an extent that compels them to be busy, not over crowded but always a little pushed; an additional element of success would be to secure such a person an occupation involving responsibilities; involving the direction of others; a situation which implies confidence reposed by persons of character and position, in this way work, business, becomes a pleasure, and mind and body being fully occupied, the capabilities of both will be invited out, will be cherished, strengthened, and grow to fair proportions from very use. Wake up then ye hesitating, halting ones, and make a manful fight against whatever of obstacles may stand in the way of success in life; stand up to them face to face; sometimes they will melt away as snow before the silent warming sun, at others they may be too numerous to mention, but when they seem to be, take courage and they will oftentimes vanish like the morning dew, in the practice of “Gussies’” plan, “When you’ve got a big thing to do, go ahead.”

CHICKEN AND SMALL POX.

As the very name of the small pox being in a house alarms whole neighborhoods and causes great trouble, anxiety, fear and suffering, intelligent persons should impress on their minds the distinctive difference between the two diseases.

Chicken pox is not preceded by fever, or if by any, it is so very mild as to be scarcely perceptible. Small pox is always attended with decided fever for forty-eight hours before the eruption.

The head-ache of chicken pox is so slight and of such short duration as to give no special inconvenience; in small pox it is always distressing, sometimes causing delirium.

In chicken pox the spots appear on the chest first; in small pox the face first breaks out. The pimples of chicken pox have neither a hardened base nor a central depression; small pox has both.

Chicken pox leaves no pit, and small pox does.

In chicken pox the pimples become filled with a clear fluid the first day of their appearance; and if punctured they subside to a level with the skin; in small pox the pimples are several days in forming, and when they break leave a hard scab which disappears very slowly and leaves a depression in the skin.

Eminent medical men say that chicken pox is not contagious; no one disputes that small pox is so.

In chicken pox the appetite and feeling of wellness generally return in two or three days—certainly within a week; while small pox is seldom recovered from in less than two or three weeks.

In chicken pox the pustules break or subside in a few days, and there is an end of it; in small pox there is secondary fever when the pustules have been matured; about the ninth day the symptoms become aggravated, the skin is hot and dry, tongue white, the pustules become hard and scaly, the pulse increases, and the patient is troubled with tormenting and almost insatiable thirst; and with this secondary fever a variety of symptoms are liable to occur; there is at one time redness like erysipelis or scarlet fever; in others abscesses, boils, carbuncles, &c.; the eyes, abdomen, brain and other parts are liable to be affected; but in chicken pox none of these things ever occur. Small pox attacks persons of all ages, and those who have it over forty seldom recover, while chicken pox is confined to children, and the old do not have it. In small pox the pimples or spots are numerous and round and come out at the same time; in chicken pox they are oval, scattered and ununiform, and appear in successive crops. In chicken pox the pimple if picked becomes a hard pointed scab which falls off and leaves the skin level; in small pox the pimple has a depression in the centre and leaves a depression in the skin. Chicken pox needs no attention but abstinence from meats for two or three days, and to keep the bowels active once every twenty-four hours; small pox requires careful attention and nursing for several weeks. The pimples of chicken pox become filled with a watery fluid in twenty-four hours; those of small pox have a yellow matter after several days.

MARRIAGE AND LONGEVITY.

Bachelors die earlier than other men, see Tract 290, on "Woman." This is confirmed by Dr. Stark of the Registers office in Scotland, who finds that the average age of married men over twenty years is over fifty-nine years, while the unmarried average only forty years ; that is, marriage adds nearly one-third to the length of life, as a general rule, because

1st. Bachelors are always in a state of unrest, they feel unsettled.

2nd. If indoors after supper there is a sense of solitariness, inducing a sadness, not actual melancholy, with all their depressing influences ; and many, many hours in the course of the year are spent in gloomy inactivity, which is adverse to a good digestion and a vigorous and healthful circulation.

3d. His own chamber or house being so uninviting, the bachelor is inclined to seek diversion outside, in suppers with friends, in clubs which are introductories to intemperance and licentiousness, or to those more unblushing associations which under the cover of darkness, lead to speedy ruin of health and morals ; and when these are gone the way downward to an untimely grave is rapid and certain.

On the other hand, marriage lengthens a man's life.

1st. By its making home inviting.

2nd. By the softening influences which it has upon the character and the affections.

3d. By the cultivation of all the better feelings of our nature, and in that proportion saving from vice and crime.

4th. There can be no healthful development of the physical functions of our nature without marriage ; it is necessary to the perfect man, for Divinity has announced that it was "not good for a man to be alone."

5th. Marriage gives a laudable and happyfying object in life, the provision for wife and children, their present comfort and future welfare, the enjoyment in witnessing their happiness and the daily and hourly participations in affectionate interchange of thought and sentiment and sympathy, these are the considerations which antagonize sorrow and lighten the burdens of life, thus strewing flowers and casting sunshine all along its pathway.

SMOKEY CHIMNEYS

Are an annoyance and a source of constant irritation to many households besides the discomfort, gloom, dinginess and dirt which are imparted to kitchen or parlor. Where the houses are close together the chimneys must out-top the neighboring building or wall. But there are two things to be done which will seldom fail to make any chimney draw well. The "flue" is the passage for the smoke upwards from the fire; smoke is very light, and if in its ascent it strikes against any thing, it rebounds especially if the obstacle is immediately above the fire, for there the draft is comparatively light, but it increases as it ascends. The throat of the chimney is the beginning of the chimney part, and is usually three or four inches broad or deep, and ten, fifteen or more lengthways or across; if this throat is abruptly widened and lengthened so as to make a chamber twice as large in both directions, and a foot high, and then taper off as desired, the chimney will not smoke, especially after this chamber has become somewhat heated, for the rarified air creates a vacuum into which the smoke rushes and a strong draft is immediately generated. Another item in connection with chimneys merits attention, as many houses have been set on fire and lives lost by the "chimney taking fire," as it is termed, in consequence of the great accumulation of soot in the body of the chimney. It is claimed that if salt is mixed with the mortar which is used in building the chimney in the usual way, the accumulation of soot is prevented by the salt absorbing the moisture every damp day, and parting with it to the soot, which thus becomes heavy and falls down into the fire-place.

If smoke has settled on the walls whether from chimneys or from gas or oil lights, it may be removed preparatory to whitewashing and the walls will be left in good condition to receive the lime if some indigo is dissolved in water and the mixture is applied with a brush; another plan has been suggested: take four quarts of fresh wood ashes in a wooden vessel, pour on two gallons of boiling water and when settled apply with a brush; if the first brushing thus is not sufficient let it dry and make another application. It adds so much to the feeling of comfort to have a tidy, clean, light-looking kitchen that every good housekeeper will value the suggestions made.

HEMORRHAGE.

Is literally "blood flowing," from any part of the body, but it is commonly used in a restricted sense to mean spitting blood from the lungs, which is usually regarded, and is, the death knell of the individual, sooner or later, from consumption of the lungs; hence, when any person "spits blood" he tries to persuade himself that it is from the throat or from the gums or from the nose. In very many cases it is a harmless occurrence in women, and sometimes in men; but as to the latter, it almost always means death from consumption. If the quantity discharged does not exceed a few table-spoonfuls, it is best to let it alone; to remain quiet and composed on the bed, and to eat bits of ice with avidity; this cools the stomach and draws the blood there, away from the lungs; besides, it lowers the heat of the body, tends to cool the blood, lessens its fluidity and makes it flow more slowly. A very common remedy is to eat common salt, which is perhaps the very best thing that can be done, in addition to ice, and be quiet, because, first, it is always at hand, is perfectly safe, and by its thirst-exciting and nauseating tendency diverts the blood from the lungs and diminishes its fluidity; cloths dipped in ice water and laid on the chest, and replaced by others every minute or two, is very efficient, especially if the feet are kept half-leg deep in water as hot as can be borne; any, and all these things do good in another direction, they help to quiet the mind, to compose the patient, and soothe the perturbation which is usually excited by such an occurrence. While these things are doing, send for a physician and turn the whole case over to him, and allow him to assume all its responsibilities.

When blood is loose in the lungs, or its vessels are gorged with it, it is better out than in, and it keeps off cough or moderates it very greatly; hence it is temporarily curative, and does an immediate and unmixed good if it does not exceed a tea-spoonful every few days. It should be borne in mind, that in many cases it arises from the want of a vigorous general circulation of the blood, and whatever promotes that tends to arrest the hemorrhage. John Randolph was afflicted thus for many years and as soon as he was attacked, he would jump on his mule or horse and trot off for an hour or two. N. P. Willis did the same thing with admirable effect.

BRAIN WORK.

HARD study does not of itself shorten life, but does of itself tend to increase the longevity of man. When hard students die early, it will be found that in some way they had fallen into the habit of violating some of the laws of nature or began study with some inherited infirmity. The pursuit of Truth is pleasurable; it is exhilarating; it is exalting and promotes serenity. Of all men, natural philosophers average the longest lives. The great, the governing reason is, in addition to the above, that their attention is drawn away from the indulgence of animal appetites; their gratifications are not in that direction, hence they are neither gourmands, drunkards nor licentious. Sir Isaac Newton had often to be reminded that his dinner was waiting; the call to eat is often a most unwelcome one to literary men; they consider eating a secondary consideration; they literally eat to live, and the process of dining is often gone through with as a task.

Many hard students have become miserable dyspeptics and have died while yet in their prime, but the tormenting disease was brought on by over eating, by eating too fast, or by returning to their studies too soon after a hearty or hasty meal, thus drawing to the brain the nervous energy which ought to have been expended on the stomach in aiding it to prepare the food for nourishing the system, and not being so prepared it "lays heavy," feels like a load, or induces other discomforts which increase in intensity and duration until life becomes a burden and a failure. The French Academy is perhaps the most learned body in the world and the ages of the younger members average from sixty to seventy. Most of the clever men of France have in this year of 1867, reached a great age. Of the members of the French Academy, M. Viennet is 89; M. de Segur 86; de Pougerville, 76; Lebrun, 82; Villemain, 76; Lamartine, 76; Flourene, 78; M. Guizot is 79 and M. Thiers 69; Berryer is 74; the Duke de Broglie, 82.

This list might be indefinitely extended as to all nations — Lord Brougham, Humbolt, John Wesley, and many others.

The circumstance most favorable to longevity among brain workers is the spending a considerable portion of early life in out-door activities, travel and the like, and then by a temperate and plain mode of living. the brain will work advantageously until past four score years.

VENTILATING CELLARS.

THE air of cellars is very generally heavy and damp, causing whatever is in them to be soon covered with mould, besides sending up poisonous gases through the chambers above, and whatever plan will serve even in part to purify the air of the cellar by conveying its noisome exhalations without the building and thus making room for a dryer and purer air from without, will contribute greatly to the comfort and enjoyment and healthfulness of any household, and that plan is best which is self-acting and does not depend upon the attention of servants or bad housekeepers. Let a common stove-pipe with one elbow be arranged with one open end three or four inches above the cellar floor, passing through the ceiling of the cellar and floor of the kitchen or other apartment where there is a constant fire, and be introduced into the flue within a foot of the kitchen ceiling by the elbow; at some point within reach of this stove-pipe a damper should be attached which, when desired, would stop the draft from the cellar.

A correspondent of the Scientific American suggests a modification of this arrangement, which is given in his own words: "In my sitting room immediately over the cellar, I have a small, cast iron, air-tight, wood burning stove, with three and a half feet of six inch pipe connected through a thimble with the chimney flue at about one foot from the stove. I have a T connection with the stove pipe, with pipe of the same size, passing through the floor and reaching to within a foot of the cellar floor. At the top of this pipe, close to the connection with the stove pipe, there is a valve which regulates the draft of cold air taken from the cellar. The opening in the floor is half an inch larger than the pipe. The vacuum produced in the cellar by the draft in the chimney flue thus situated, draws air down from the chamber through the space around the pipe in the floor. My cellar which was before damp, is now as dry and pleasant as any room in the house. Formerly articles placed in my cellar soon became mouldy, and were spoiled for want of ventilation.

"Another good way to accomplish the same object is to build the chimney into which the pipes from the stoves enter, from the cellar up with an opening in the cellar. The heat rarifying the air causes an upward draught which effectually ventilates the cellar. We have tried this plan for years and know that it works well."

Cereal Food.

THE grains proper of this country are not appreciated as they ought to be, for daily food at our tables ; these are Indian corn, Wheat, Rye, Barley, and oats ; they contain all the elements of nutrition necessary to the support of the human system, and if they could be used for two of the daily meals, as breakfast and supper, without anything else, there would be an incalculable advantage to the soundness of the teeth, the strength of the bones, the hardness of the muscles, the endurance of the body, and the vigor of the brain. They can be all made into bread after having been reduced to flour, but not only is this at a serious loss of nutriment, but it involves a useless waste of digestive power. Wheat bread requires three hours and a half to be digested in an ordinary stomach ; boiled wheat will be digested in two hours. Boiled barley has ninety-two per cent. of nutriment ; flour in the form of bread, from thirty to eighty per cent. But there is another important practical consideration, relative to children. Seventy-one parts out of a hundred of the body of the teeth are composed of lime, and of the enamel of the tooth, that which preserves it from decay, being its external coating, ninety-four per cent. is of lime. This lime comes chiefly from the bread we eat ; but in converting the ordinary grain into flour, the bran, the husk of the grain, is separated from the flour, yet it is this bran which contains the lime in the largest proportions ; thus, in five hundred pounds of fine flour, there are thirty pounds of bone ; in five hundred pounds of the whole grain, there are eighty-five pounds of bone ; and when it is considered how much teeth add to personal beauty, and how important they are to the healthful preparation of the food for the stomach, thus saving stomach labor, it is not easy to estimate properly the advantage which the whole of grain, as food, has over the flour preparations. We never become weary of bread, butter, potatoes, and some other articles, and if the cereals were well prepared, cooked thoroughly and judiciously seasoned, there is no doubt they could be made as palatable the year round as good bread

The grain should be taken whole, or broken into several pieces, covered with warm water, placed on the stove or fire, to remain there three or four hours, then boil slowly for several hours longer, with an occasional stirring, until quite soft and thick ; then eat with milk or butter or syrup or salt ; or if cold, slice off and fried brown. If from two to fifteen, children were compelled to make two of the three meals a day of these preparations of whole grain, or parching it brown like coffee, and eaten with boiled milk, after being itself well boiled in all cases of loose bowels, a great gain would be made in personal beauty, manly vigor, physical endurance, and mental power. — FROM THE BOSTON WATCHMAN REFLECTOR.

THE BEST RECOMMENDATION.

Young men crowd to the great cities to seek their fortunes. With a consciousness of their own integrity they have an abiding confidence of success, but on applying first to one and then another but vainly, their eyes are gradually opened to the unwelcome fact that they must return whence they came, wondering why they can not "get in" somewhere, not knowing that for every vacancy a hundred quite as needy stand ready to fill it; their surprise is the greater, in that they had letters from General Smith, Governor Brown, Lawyer White and Parson Thomas.

Real business men, shrewd and keen-sighted, care very little about letters of recommendation from anybody, knowing that human nature is very accommodating in giving what costs nothing more than writing a few well expressed sentences. They know that truth lies in things, not words; in what they see rather than in what they hear. A youth would not get a clerkship with the recommendation of every governor in the nation, if he entered a counting-room with a cigar in his mouth, a cane in his hand and a diamond ring on his finger. A blundering swaggerer would wear out a dozen pair of boots on hard city pavements and yet fail to get wages from any prudent business man. Often the money of these young employment-seekers is exhausted before they know it, and before "remittances" come from hard working hands and affectionate hearts "at home," they have been tempted to drown sad thoughts at the theatre, the dance-house and the brothel, and all is lost. The most common, and the greatest mistake is in estimating their services entirely too high, considering the risks; not too high if they would be as faithful as they think they would, forgetting that the employer has no means of knowing their integrity. He must first prove that to the employer's entire satisfaction, and for the opportunity of doing it he ought to be glad for the chance of working for nothing but his board; and just as soon as he has shown himself to be prompt, faithful and energetic, his good qualities will be appreciated, his rise will be speedy and his ultimate success sure.

Business men often form determinations involving thousands in value from apparently trifling incidents. A young man seeking employment went to one of our large cities, and, on enquiring at a certain counting-room if they wished a clerk, was told that they did not. In turning over his carpet bag to find his letters, a book rolled out on the floor. "What book is that?" said the merchant. "It is the Bible, sir," was the reply. "And what are you going to do with that book in New York?" The lad looked seriously into the merchant's face, and replied, "I promised my mother I would read it every day, and I shall do it," and burst into tears. The merchant immediately engaged his services, and in due time, he became a partner in the firm, one of the most respectable in the city.

A young man once asked a city merchant to sell him some goods on short credit; his recommendations were very favorable, but the times were uncertain, many were failing, and the credit was refused; as he was slowly leaving the store, greatly depressed at the disappointment, he stooped to pick up a pin, and carefully stuck it in his coat collar. The merchant noticed it, called him back and told him he could have what goods he wanted, "for I see you are careful and economical of small things — such men can be safely trusted." — A young man purchased a bundle of goods from Stephen Girard: as he was about to shoulder them at the door, Mr. G. said to him, "Why don't you call that dray?" "O," said the youth, "I can carry it home myself and save the cartage." Mr. G. was so well pleased with the reply that he took the youth into his confidence and befriended him as long as he lived.

ACIDITY

ACIDITY of stomach always arises from that organ not being able to digest, to work up the food eaten, to extract the nutriment which it contains, hence two results : First, the food decays, that is rots, becomes sour and generates a sour gas, which is belched up, causing a burning or raw sensation, located apparently at the little hollow at the bottom of the neck, or in that vicinity. Sometimes an acid fluid is generated and is belched up, and so very sour occasionally as to take the skin off of some parts of the throat, mouth or lips. Second, the food not being properly worked up, does not give out its nourishment, the system is not fed, and consequently becomes weak, the circulation becomes feeble, the feet grow habitually cold ; the person is easily chilled, and dreads going out of doors ; is happiest when hugging the fire, and takes cold so easily that the expression is frequently used, " the least thing in the world gives me a cold." When such a condition is reached these colds are so frequently repeated that before one is cured another comes, and there is a perpetual cough which the most unintelligent know is the certain harbinger, the forerunner of consumption of the lungs.

When persons are troubled with indigestion, and one of its effects, acidity, the advice given in nearly all cases is to take something to correct the acidity, such as cream of tartar, soda, saleratus, ammoniac, the ley of wood ashes, and other alkalies. These things correct the acidity, but the stomach gets no power of a better digestion, the effects as far as sensation is concerned are removed, but the system continues to be improperly nourished ; the man grows thinner, and weaker ; and with wasting of flesh and strength, there is diminished power of circulation ; the person becomes chilly, colds are taken from slight causes and at diminishing intervals, and before he knows it he has an annoying, hacking cough, which too often ends in a wasting, fatal disease.

When acidity follows eating, it is always because there has been an error in the quantity or quality of the food eaten ; the stomach could not manage it, could not perform the work imposed upon it. The true remedy is to eat less and less at each meal, until no acidity is perceptible, or to change the quality of the food ; and in a short time the stomach, not being overtasked, gets time to rest, to recuperate, to get strong ; then it digests more food and digests it better, with the inevitable result of a more vigorous constitution, more power of endurance, more strength of body and greater elasticity of mind, more happiness and a spirit and energy to grapple with life's duties, which makes existence a pleasure.

AMATEUR PHYSICIANS.

If a layman is recommended by any one to take or do something for an ailment and it is promptly followed by the removal of the thing complained of, he forthwith, from that single instance, becomes enthusiastic, and the very next time he meets with one who has similar "symptoms," he prescribes with great confidence and if that is also successful, he in a very short time will be found giving the same prescription for every thing, it at once becomes in his estimation a panacea, a universal remedy, a cure for everything. It would require scores of such successes and a whole year's, or even five years' observation, for an experienced physician to have a hundredth part of the confidence in any remedy, simply because he knows the uncertainties of remedies, and how rare it is that the same conditions are found in two cases. The use of remedies for the alleviation and cure of ailments was very simple in the earlier ages of the world. Then men were inclined for purposes of self-defence to live close together, and to surround the place with high stone walls with gates at convenient distances; these places were called cities. The gates were opened in the morning and closed at night, and all persons visiting the city or leaving it, had to pass through these, hence the sick "sat in the gate," in the hope that some one of the multitudes passing might have suffered in the same way, or have seen some one thus suffering, and having been cured would be willing, as an act of humanity, to tell what was done. The older a person was the more he had seen and the more knowledge would he have on the subject; it was a natural and easy step for these old persons to have the remedies prepared and then to apply them, as they had seen them applied; the remedies cost something, and it took time to apply them, hence the idea of compensation for time and trouble arose, and thus it became a regular calling, and thus were made the first doctors, and perhaps these were better than many of our later day, because they practiced from actual observation, while it is common in our time to get the knowledge from books—a much more uncertain method. The older, the safer, is a good general rule; and a better one still is, pay no attention to what outsiders may say about health and disease, however eminent in their calling. Health publications written for by political hacks, clerical sensationists and lay lecturers are very unsafe guides. One of these has lately had the frankness to acknowledge, "I wrote an article on health some years ago for the —, and the editors were foolish enough to publish my article," which, he goes on to confess, had no sense in it. We only say that if his "Divinity" gives as uncertain a light as his physic, he had a great deal better go to cracking stones for the turnpike; and the real truth is, some of his 'brethren' have intimated as much. We are very certain old John Knox would, any how.

Illusive Memories.

"I HAVE come to know whether you think I am deranged or not," said a young lady one day, with a directness, frankness, and unembarrassment very unusual. After an hour's investigation it was demonstrated that she was hopelessly deranged. The form of the malady was that when she heard an impressive sermon, an exciting address, or read an interesting article in prose or verse, she became possessed with the idea that she herself was the author and that by some unfair means others had become possessed of her own ideas.

It is yet in the memory of some, how earnestly an estimable young lady claimed a few years ago, that William Allen Butler had found her lost composition, dropped in a stage, and made out of it the celebrated article about Miss Flora McFlimsey of Madison Square, who never had anything to wear. There is at this time a very exciting controversy between a gentleman and lady, and their multitudinous friends, as to the authorship of that much admired piece of poetry, "Rock me to Sleep, Mother." Taking it for granted that the lady and gentleman are equally honest and in earnest, may it not be, as to one of them, a case of illusive memory?

Not a few readers, the writer certainly does, may remember that dreams sometime come over them as if they were a continuation of some former dream, as if the beginning of it had some connection with a previous dream. In precisely the same way the present reality may be connected with a dim, shadowy impression of a previous existence, when there had been no previous existence. We are all familiar with the fact, that a person with whom we are conversing may give an expression to a sentiment which strikes us with peculiar force, from the fact that it had been floating about in our mind's vision, but had never formed itself into definite words or phrase and we felt delighted in thus having it framed to us. It may be that a higher degree of this thing may give rise to states of the mind in relation to the authorship in question, which are really diseased or illusive memories, somewhat akin to the habit sometimes met with in persons who in the excitement of conversation will state facts, what for their purposes they wish to be facts, or as likely as not, in their view, to be facts, thus misleading others and often putting themselves in painful or humiliating positions. Tendencies of this kind should be resolutely striven against, for they grow by yielding to them, and in point of morals there is all the criminality of a deliberate falsehood. Conscientious men, men of truth and of extensive learning, are the last men in the world to be positive of anything which is not akin to demonstration; and least of all positive of anything which leans on memory alone. The weakest-minded and the least informed are habitually the most positive. The lesson is, adore Truth in writing, in conversation and in action; do not assert as a truth, which can not be demonstrated or corroborated; if need be, by outside evidence. A true gentleman habitually avoids making positive statements, thus securing himself from the charge of falsehood, and society would be greatly blessed if, in addition, the habit were sedulously cultivated of making no statement which was not literally true, with a wide margin; and if "often" and "very" were our highest expletives instead of always, never, awful, and the like.

"BEVERAGES,"

So called, are the tempters to the first steps towards drunkenness. At the appropriate seasons, the newspapers abound in receipts for making various kinds of summer drinks, wines, cordials, beers, and cider. There is no easier and more certain way of making a family of drunkards than by having such things always at hand, "in case of sickness," as it is termed. I know a man, my neighbor for many years, who was accustomed to 'lay in' a barrel of cider every autumn, and it was placed on the table every day until exhausted; but every day it became more sour, alcoholic; and by the time it was out, the stimulus of it was so decided that a disagreeable want was experienced, and it was determined that next year he would lay in two barrels; at length six barrels were laid in for the winter's supply; meanwhile, my friend and neighbor had become a habitual drinker, on rising, at breakfast, at dinner, in the middle of the afternoon and from supper until late bed-time; cider is too tame now; his position and means demand 'and supply the costliest brandies; he is seldom drunk, but always full; there does not live anywhere a more honorable and high-minded man; in all business transactions he has maintained the very highest position for incorruptible integrity, and as a neighbor and friend and good citizen, he has no superior; but take from him the brandy bottle for a day, and he would go mad, or die of exhaustion—of an insufferable sinking.

It is an incontrovertible physiological fact, that any artificial stimulus continued for a few days, makes the system feel the want of it, instinctively lean upon it, and look for it; but this is not all; the same amount of stimulation is demanded every day; but to create that amount, a larger and an increasing quantity of the stimulus becomes necessary, or it must be more frequently supplied. No habitual user of spirits, of tea and coffee, can possibly deny this, after ten year's practice; as proof, see how much oftener they drink or smoke or chew than when they first entered on the miserable, useless and degrading career of self-indulgence. The truth is, there is no safety except in absolute refusal even to taste a drop or chew an atom. He who takes one drop may die in the gutter; he who has the high moral courage to refuse that first drop, that first atom, never can!

I know a whole family of beautiful grown-up daughters, not one of whom by any chance ever refuses, at home or at a party or on a picnic, to take a glass of brandy, toddy or any of its likes. The habit was formed by the mother making brandy the panacea for every stomach-ache, for nausea, for faintness, for bodily derangement, for a chill, for an over-work or an over-meal.—FROM THE BOSTON WATCHMAN & REFLECTOR.

REST.

MULTITUDES of earth's toiling millions have died while striving to make enough money to retire from business, and in a beautiful cottage on their own little farm to spend the remnant of their days in rest, in having nothing in particular to do. Perhaps one in a million of the hoppers does make money enough to enable him to retire to his country-seat, and for a year or two, while he is fixing it up to his notion, all goes on charmingly, but when everything is completed to his mind and he has nothing more to take up his attention, he eats and sleeps and lounges around for a few months longer, falls into disease and dies; or if he has unusual force of character and power of observation, he notices that both health and happiness are passing from him and tracing this to the true cause of an inactive body and an unoccupied mind, he resolves to "sell out" and plunge again into the vortex of business.

Recently an old school-mate,—younger, graduating in the same class thirty-seven years ago—writes that "both body and mind are worn out; the slightest physical labor exhausts him," and, "any effort to think or study or even read, so wearies the brain that life is felt as a burden." He withdrew from his professional duties, which he had performed in the place for twenty-five years, with honor to himself, having secured the love and confidence and respect of all who knew him. He gave up his calling for the purpose of obtaining rest, as a means of health.

The number of families is increasing every day, who give up house-keeping as a means of rest from family cares, and resort to that miserable and most unwise mode of life, boarding at a hotel or in some private family, to get more dissatisfied than ever in a few months, meanwhile falling into bad health and bad habits of various kinds.

All these classes of persons fail, miserably fail in their object because they mistake the physiological meaning of the word "rest." Neither body nor brain are safely, truly and happily rested by doing nothing. The only healthful rest, as long as our physical and mental constitution remains as it is, is to be busy. Men of force and industry will everywhere tell you, "It is the hardest thing in the world to do nothing." No mortal man was ever made to be a loafer, to be a miserable drone. The true idea of rest is recreation, a making over again, a return to our accustomed vigor; and this is accomplished, not by allowing the machine to come to a stand-still, for inactivity is rust and ruin to all mechanical contrivances, and death to all physiological structures. The true object of rest is recuperation, and that is best brought about as to the body, by exercising a different set of muscles; and as to the brain by calling into requisition a different set of organs or powers, causing the mind to act upon new objects. A better plan is not to get into the unhealthful conditions named, and they are avoidable by giving two hours daily to the exercise of a different class of muscles or to the investigation and study of objects of comparatively trivial importance and of a wholly different nature. The student should ride on horseback, or cultivate fruits and flowers; the merchant should employ his mind in liberal studies, in active personal and elevating charities, while the over-taxed and worried wife should pay a visit daily to some prudent friend, some cheery neighbor or suffering sister or child;—the main idea in all cases being to spend two or three hours daily in open-air activities wholly different from the ordinary business routine.—FROM THE BOSTON WATCHMAN AND REFLECTOR.

Rational Deductions.

A LITTLE Miss, just entering her teens last summer, in the western part of Pennsylvania, took twelve saucers of ice-cream and died in a few hours ; —then it would be better not to take twelve saucers of ice-cream at a time.

Within a month, D. G. P., a student of Brown University, lost his life by an abscess, induced by excessive exercise in a matched game of Ball between the students of Harvard and Brown. Then let all young persons take exercise in great moderation in the heats of summer.

A young lady of Milwaukee having heard that arsenic eaten in small and increasing quantities was a great beautifier, determined to try the experiment, but not knowing what was a small dose, a fatal result was only averted by the promptitude of the family physician ; — then it follows that young ladies ought not to eat rank poison for the purpose of improving their looks.

A gentleman after active exercise laid down on an ice-chest and fell asleep, waking up with a chill, ending with death by consumption after three years of great suffering ; — it is very clear that he ought not to have fallen asleep on an ice-chest soon after being over-heated.

Sometime since a man went down into a well and fell dead. A brother seeing this, hastened to descend and relieve him, and he was seen to fall dead ; a third brother followed, and he fell dead. — It would have been better if the brothers had stopped going into a deadly well sooner, and to have let down a hook at the end of a rope.

One of the most respected and loved of all the Princesses of the House of Hapsburgh, set her clothes on fire by treading on a match on the floor ; she died in great agony, some hours afterwards ; — then lucifer matches ought not to be thrown loose around.

A French general having greatly exerted himself in bringing some artillery to the top of a mountain, drank greedily of snow-water, and dropped dead ; — then persons ought not to drink snow-water greedily when over-heated.

A man took refuge from a summer shower under a solitary tree in an old field ; the lightning came down the tree through his body into his boot, — spoiling the boot and killing the man ; — then people who don't want their boots bursted in summer showers, thus preventing them from getting home without wetting their feet — in fact, without getting home at all — ought to lie down on the ground flat on the open field if they would make it certain that the lightning should not strike them.

An editor of a magazine, after riding all day without eating, ate a hearty meal late at night, retired early, went to sleep and never waked up more ; then don't eat heartily late at night ; and better still, don't eat at all after sun-down, if you want to be sure of rising in the morning full of health and life.

EATING MATHEMATICALLY.

Persons in good health should not eat any article of food simply because it is "healthy," nor avoid an article because some one says it is "unhealthy;" nature's instincts are a better and safer guide, for she craves food, the distinctive elements of which are needed in the system; hence no man's likes or dislikes of an article of diet should be the guide of another, any more than all soils should require the same fertilizer, in quality and quantity.

Sometimes indeed, but rarely in good health, a man may crave earnestly an article of food, and after eating it, feel uncomfortable; yet, rather than conclude it did not agree with him and discard it, a smaller quantity should be taken next time; and very often that smaller quantity, well divided, prepared properly and eaten slowly, will "agree," simply because the system needed only that smaller quantity.

BROWN BREAD is said to be "good for" many persons, by its keeping the system open and free; but if a man is well enough in that respect, he would do well not to eat brown bread, unless he was fond of it, so as to have it to fall back upon, should he need its medicinal effect. In short, eat according to the natural appetite as to quantity and quality, and not according to artificial rules and regulations.

If a man is an invalid and has a family physician, it is safer and better to put himself under that physician's guidance; if he has no physician, let him feel his own way, taking small quantities at regular intervals, and closely observe the effects. But for both sick and well, it is just as unwise to measure and weigh each meal day after day, as it would be to wear the same amount of clothing, and consume the same amount of fuel every day in the year, winter and summer. In mature life, we eat for two reasons, to repair wastes and to keep the body warm; the wastes are in proportion to the preceding exercise, and the internal warmth needed is in proportion to the temperature of the atmosphere about the body. If you eat to-day, while idle and the thermometer is at sixty, as much as you did yesterday when it was at zero and you worked hard, you will certainly be sick to-morrow. After all, don't make a god of your belly, but accustom yourself to think of eating, and what you shall eat, only when the time for eating comes; a beast or a glutton may do otherwise, a man will not.

DEATH INDOORS.

Multitudes of persons have a great horror of going out of doors for fear of taking cold ; if it is a little damp, or a little windy, or a little cold, they wait, and wait and wait ; meanwhile weeks and even months pass away, and they never during that whole time, breathe a single breath of pure air. The result is, they become so enfeebled that their constitutions have no power of resistance ; the least thing in the world gives them a cold ; even going from one room to another, and before they know it they have a cold all the time, and this is nothing more or less than consumption ; whereas, if an opposite practice had been followed of going out for an hour or two every day, regardless of the weather, so it is not actually falling rain, a very different result would have taken place. The truth is, the more a person is out of doors the less easily does he take cold. It is a widely known fact that persons who camp out every night, or sleep under a tree for weeks together, seldom take cold at all.

Very many of our bad colds, and those of a most fatal form, are taken in the house, and not out of doors ; taken by removing parts of clothing too soon after coming into the house, or lying down on a bed or sofa when in a tired or exhausted condition from having engaged too vigorously in domestic employments. Many a pie has cost an industrious man a hundred dollars. A human life has many a time paid for an apple dumpling. When our wives get to work, they become so interested in it that they find themselves utterly exhausted before they know it ; their ambition to complete a thing, to do their work well, sustains them till it is completed. The mental and physical condition is one of exhaustion, when a breath of air will give a cold, to settle in the joints, to wake up next day with inflammatory rheumatism, or with a feeling of stiffness or soreness, as if they had been pounded in a bag ; or a sore throat to worry and trouble them for months ; or lung fever to put them in the grave in less than a week.

Our wives should work by the day, if they must work at all, and not by the job ; it is more economical in the end to see how little work they can do in an hour, instead of how much. It is slow, steady, continuous labor which brings health, and strength, and a good digestion. Fitful labor is ruinous to all.

COMFORT.

The great aim of the mass of mankind is, to get money enough ahead to make them "comfortable;" and yet a moment's reflection will convince us that money will never purchase "comfort" only the means of it. A man may be "comfortable" without a dollar, but to be so, he must have the right disposition, that is, a heart and a head in the right place. There are some persons who are lively, and cheerful, and goodnatured, kind and forbearing in a state of poverty, which leans upon the toil of to-day for to-night's supper, and the morning's breakfast. Such a disposition would exhibit the same loving qualities in a palace, or on a throne.

Every day we meet with persons, who in their families are cross, ill-natured, dissatisfied, finding fault with every body and every thing, whose first greeting in the breakfast room is a complaint, whose conversation seldom fails to end in an enumeration of difficulties and hardships, whose last word at night is an angry growl. If you can get such persons to reason on the subject, they will acknowledge that there is some "want" at the bottom of it; the "want" of a better house, a finer dress, a more handsome equipage, a more dutiful child, a more provident husband, a more cleanly, or systematic, or domestic wife. At one time it is a "wretched cook," which stands between them and the sun; or a lazy house-servant, or an impertinent carriage-driver. The "want" of more money than Providence has thought proper to bestow, will be found to embrace all these things. Such persons may feel assured that *People who cannot make themselves really comfortable in any one set of ordinary circumstances, would not be so under any other.* A man who has a canker eating out his heart, will carry it with him wherever he goes; and if it be a spiritual canker, whether of envy, habitual discontent, unbridled ill-nature, it would go with the gold, and rust out all its brightness. Whatever a man is to-day with a last dollar, he will be radically, essentially, to-morrow with a million, unless the heart is changed. Stop, reader, that is not the whole truth, for the whole truth has something of the terrible in it. Whatever of an undesirable disposition a man has to-day without money, he will have to-morrow to an exaggerated extent, unless the heart be changed: the miser will become more miserly; the drunkard, more drunken; the debauchee, more debauched; the fretful still more complaining. Hence, the striking wisdom of the Scripture injunction, that all our ambitions should begin with this: "Seek first the kingdom of God and his righteousness;" that is to say, that if you are not comfortable, not happy now, under the circumstances, which surround you, and which to be more comfortable, more happy, your first step should be to seek a change of heart, of disposition, and then the other things will follow—*without the greater wealth!* And having the moral comfort, bodily comfort, bodily health will follow apace, to the extent of your using rational means. Bodily comfort, or health, and mental comfort have on one another the most powerful reactions; neither can be perfect without the other, at last, approximates to it; in short—*Cultivate health and a good heart;* for with these you may be "comfortable" without a farthing: without them never! although you may possess millions!

THE DEAD WIFE,

There is no sorrow so crushing, so overwhelming, so utterly irremediable as that for the dear dead wife; the wife of your first love, of your buoyant, hopeful youth, with all its new experiences, its sweet revelations, its early struggles, its mutual aims, its hopes, its labors, and its frictions; for long years together you worked side by side, hand in hand; she shared your troubles, and kissed away half their severity; she doubled your gladness by the pleasure which it gave her to see you happy; and when in the lapse of years you had arrived at a position to enable you to take life easy and enjoy it, as you had never done before, a heavenly hand takes her from your side and transports her into the presence of God, where you may not follow her now. You want to tell her how sweetly she died; how her friends gathered around her funeral bier and, in their affection, strewed white flowers upon her bosom; how lovingly and long they gazed on the dear familiar face, so beautifully calm in death;—a heavenly sweetness so pervading every lineament, as to give to it an angel seeming. You want to tell her, too, how the last, long, fond kiss almost broke your heart, and how you wanted to die when they covered her face from your sight forever; and then, as the weary weeks pass on, how busy memory brings up the forgotten past, with its long array of loving acts; of spontaneous tendernesses; of self-abnegations; of sleepless vigilance; of instinctive solicitude;—how you would give your life away for one short interview. But it cannot be; she is an angel now, and in her heavenly purity waits in patient affection for the time when it shall be the Master's will to bring you to her feet, and make of you an angel too. Beautifully has it been said of

THE DEAD WIFE.

"In comparison with that loss, all other bereavements are trifles. The wife! she who fills so large a space in the domestic heaven; she who is so busy, so unwearied—bitter, bitter is the tear that falls on her clay. You stand beside her grave and think of the past; an amber-colored pathway, where the sun shone upon beautiful flowers, or the stars hung glittering in the sky. No thorns are remembered above that sweet clay, save those your own hand may have unwittingly planted. Her noble, tender heart lies open to your inmost sight. You think of her as all gentleness, all beauty, and all purity. But she is dead! The dear head that so often laid upon your bosom, now rests upon a pillow of clay. The soft hands that ministered so untiringly to your every want are folded, white and cold, beneath the gloomy portals. The heart whose every beat measured an eternity of love, lies still under your feet. And there is no white arm over your shoulder now; no speaking face to look up in the eye of love; no smile to greet you at night-fall—and the clock ticks and strikes, and ticks again, it was sweet music when she could hear it; now it seems to knell only the hours through which you watched the shadows of death gathering upon her sweet face; but many a tale it telleth of joys past, sorrows shared, and beautiful words and deeds registered above. You feel assured that she is in a happier world, and that with an angel presence she is often at your side. Cherish these emotions. Let her holy presence be as a charm to keep you from evil. Never forget what she has been to you, and be tender of her memory!" But if desolations like these sweep resistlessly over the heart of the stout, strong man when his wife has been taken from his side, how incomputably greater must be the sorrow of the widowed bosom when he has been removed upon whose arm she so wholly leaned, upon whose counsel she so wholly rested; and upon whose providence she so implicitly relied. Give your warmest sympathies, then, to the widowed heart reader, and no longer wonder that Divinity has made it one of the evidences of fitness for the heavenly mansions, "To visit the widow," to stand by her, ever ready to lend her your countenance, your counsel, your aid, your support, and your defence.

DISCIPLINE OF LIFE.

The God of nature and of grace are one and the same embodiment of benevolence and wisdom and love, and "we his offspring are," his children and his heirs, hence the works and operations of nature and of grace never war against each other but act in harmony to the one great end, the elevation and happiness of the human family for time and for aye. If these first principles are kept constantly in view as a matter of firm religious faith and principle the sorrows of life, its disappointments and its tears would lose half their bitterness and the other half would be soon absorbed and forgotten in the contemplation of the great truth that "God is love."

We grow to mature age in the enjoyment of vigorous health; for half a life time we scarcely know what pain is; the physician has not been called to our dwelling; we have slept soundly, we have eaten heartily; we have been cozily housed in the bleak and weary winter time and for the summers in long succession we and ours have hied to the country, to the sea side and the spa, and have had our fill of enjoyment. But by this time we have begun to feel that we have a charmed life; that we owe all these grand blessings to a vigorous constitution and that that constitution is impregnable against accident, calamity and disease, and with such feelings and experiences "we have waxed fat and kicked" like Jeshuron of old; or like Nebuchadnezzar, we have given the glory of them all to our might, our wisdom, our habits of life. But one day we come home not quite so well as usual, and we feel tired and sad; the tea-table is as tidy as before; the children are as blithe and glad some as usual; the fire burns brightly as ever, but all these fail to wake up the echos of loving joyousness as of old, and we retire to our beds with unspoken words; yet sleep comes not; but in its place restless tossings and the grumbings of approaching pains; anon the doctor is at our bedside; we look in his face, but there is no smile there; he makes a closer examination, but gives out no cheering word; he says nothing bad or good of the future, but unsolicited, promises to call in again in the course of an hour; this is ominous, and we begin to feel our strong foundation crumbling beneath us; the world, its pleasures, its appetites, its ambitions and its material interests fade away from our vision; and as the system becomes more oppressed by disease, more racked with pain, and with all, still sinking, sinking, sinking; then it is that we begin to wake up to an appreciation of past privileges and blessings, and sun-shine; of our dependence on the arm of the Infinite One, and our own helplessness and nothingness; and to that Power we stretch our withered arms for aid, and raise our feeble voice for succor, and he whose ear is ever open, and whose kind eye never sleeps, comes to our help, raises us up to health again and we are saved from wreck and ruin; and as often as we forget, other sicknesses come to wake us up again to a new sense of our dependence and helplessness and to the appreciation of the true source of all our blessings; and to the same end are we followed by moral disasters, by pecuniary reverses, by social sorrows, by domestic afflictions, all intended to lure us on by love, to brighter worlds on high; and thus it is that every pain and sob and sigh and tear is the "Discipline of Life" to wean us from the world and bind us more securely to the Everlasting One

EARLY RISING

Is a crime against the body and against nature unless it is preceeded by a proportionably early retiring. It is claimed for the French women who live in the large cities, who spend three fourths of their nights in parties, and balls, and dances, and the theatre, and the opera, retiring to their beds towards daylight, that they maintain their sprightliness, their vivacity and their good looks by the universal habit, and a strong determination arising from rational principles, that under all circumstances, after having retired to bed they will remain there until they have had their full sleep out, even if it requires until sun down. Our own experiences will always tell us that if insufficient sleep is had on any night it will be followed by a day of yawning, of discomfort, of disagreeable drowsiness and of inefficiency in whatever calling, profession or employment we may engage. All physiologists agree that the very first step towards madness is an insufficiency of sleep, whether compelled or voluntary. The babe gets fretful when it gets sleepy, and will remain fretful for hours, if its sleep is broken in upon. That same babe, if in good health, always wakes up of itself to crow and play and smile so covingly in a mother's eye. We can better and more safely intrench upon the necessary amount of food for ten days, than abate from the requisite amount of sleep for two, for the simple reason that the rest of good sleep recuperates the brain and the whole nervous system. An eminent biblical commentator thought to save time by rising at four in the morning, winter and summer; the result was an impairment of sight (by the sudden transition from the darkness of the closed eye, to the glare of artificial light) and general health, which required many months travel abroad, and enfeebled bodily health for the remainder of life, and this before he was three-score. The same custom of four o'clock rising followed by that sturdy old Roman, Josiah Quincy, brought its penalty along with it. Nature would not be cheated and the very moment he became inactively occupied he rapidly subsided into a nod. His son relates of him :

One day, Mr. John Quincy Adams, who was addicted to the same vice of intemperate early rising, with much the same consequences, was visiting my father, who invited him to go into Judge Story's lecture-room, and hear his lecture to his law class. Now, Judge Story did not accept the philosophy of his two friends in this particular, and would insist that it was a more excellent way to take out one's allowance of sleep in bed, and be wide awake when out of it—which he himself most assuredly always was. The Judge received the two Presidents gladly, and placed them in the seat of honor on the dais by his side, fronting the class, and proceeded with his lecture. It was not long before glancing his eye aside to see how his guests were impressed by his doctrine, he saw that they were both of them sound asleep, and he saw that the class saw it too. Pausing a moment in his swift career of speech he pointed to the two sleeping figures, uttered these words of warning: 'Gentlemen, you see before you a melancholy example of the evil effects of early rising!' The shout of laughter which followed, effectually aroused the sleepers. It is "early to bed" as well as "early to rise" which insures health, wealth and wisdom, provided a man goes to work when he does get up.

SALT OF THE EARTH.

Without religion, this planet would not contain one solitary human inhabitant in all the ages. The salt of the sea preserves it from corruption and unbearable noisomeness; it is the salt in the human body, which prevents physical decay. It is the moral salt, the preservative influences of the christian religion, which upholds social existence, which sustains all civilized governments and prevents the extinction of nationalities; and this too is the preservative influence in the individual, which saves him from bestiality and crime and degradation; any man without it becomes a savage; it is this which throws around woman the halo of her holiness and her purity and her social exaltation; hence it is, that the enemies of religion are the vipers of society; they poison and corrupt and destroy all social influences for good, and wherever they habitate together, crime and beastliness, in their most degrading, disgusting and most horrid forms reign rampant, society has no guarantees, decency is outraged, law has no power and virtue is extinct.

These are not the vagaries of an excited imagination, for not only has the Divine Master declared of his followers "Ye are the salt of the earth," but actual facts multiply in these later ages, demonstrating the truth of the principle; one may be stated as a sample of multitudes of others.

Some years ago a town was founded by a set of German infidels, one article of the organization was, that no house of religious worship should ever be erected on the spot. A few years later, a terrible calamity befel the place, and as if the curse of Heaven attached itself to the illfated town, a more recent incident has occurred which will shock humanity wherever it is narrated. Three strangers stopped at the public house in the village within a year, it was towards evening, and they expected to resume their journey the next morning. Without any adequate cause, they were set upon and beaten in the most savage manner; one of them not being quite dead, yet in a dying condition, was taken up and hung; these statements are made from memory. The judicial record brings up the history to this date, ten months after the occurrence in the language of an intelligent gentleman on the spot;

"Well might the Judge remark, when commenting upon the conduct of the jury, that he had anticipated the strength of these influences in New Ulm, and to avoid them as far as possible had removed the court forty miles from there, but that it was evident it had not been removed far enough to get beyond their reach. That when three men had lost their lives by violence, on the same day, in the same village; that when there were 150 witnesses to the killing of two of them, and they (the Grand Jury) had had a selection from a the whole number, and as many as they could hear the testimony of in six days, and could yet return upon their oaths, that no offence had been committed, or if any offence, that there was not evidence before them as to who were the guilty parties, presented a mournful and unprecedented state of things, although the jury would never by their action convince either Court, or people that no offence had been committed or that there was no evidence to charge anybody with its commission.

And but for the controlling influences of the principles of the Christian religion, New-York, with all its wealth and grandeur and intellect would become in a short time the same Pandemonium as New-Ulm of Minnesota.

MARRIAGE MAXIMS.

A good wife is the greatest earthly blessing. A man is what his wife makes him. It is the mother who moulds the character and destiny of the child.

Make marriage a matter of moral judgment.

Marry in your own religion.

Marry into a different blood & temperament from your own.

Marry into a family which you have long known.

Never talk at one another, either alone, or in company.

Never both manifest anger at once.

Never speak loud to one another, unless the house is on fire.

Never reflect on a past action, which was done with a good motive and with the best judgment at the time.

Let each one strive to yield oftenest to the wishes of the other.

Let self-abnegation be the daily aim and effort of each.

The very nearest approach to domestic felicity on earth is in the mutual cultivation of an absolute unselfishness.

Never find fault unless it is perfectly certain that a fault has been committed; and even then, prelude it with a kiss, and lovingly.

Never taunt with a past mistake.

Neglect the whole world beside, rather than one another.

Never allow a request to be repeated.

"I forgot" is never an acceptable excuse.

Never make a remark at the expense of the other; it is a meanness.

Never part for a day without loving words to think of during absence; besides, you may not meet again in life.

They who marry for physical characteristics, will fail of happiness; they who marry for traits of mind and heart, will never fail of perennial springs of domestic enjoyment.

They are safest who marry from the standpoint of sentiment rather than from that of feeling, passion or mere love.

The beautiful in heart is a million times of more avail in securing domestic enjoyment, than the beautiful in person or manners.

Do not herald the sacrifices you make to each others tastes, habits or preferences.

Let all your mutual accommodations be spontaneous, wholesouled, and free as air.

A hesitating, tardy or grum yielding to the wishes of the other always grates upon a loving heart, like Milton's "Gates on rusty hinges turning."

Whether present or absent, alone or in company, speak up for one another, cordially, earnestly, lovingly.

If one is angry, let the other part the lips, only to give a kiss.

Never deceive, for the heart once misled, can never wholly trust again.

Consult one another in all that comes within the experience and observation and sphere of the other.

Give your warmest sympathies for each other's trials.

Never question the integrity, truthfulness, or religiousness of one another.

Encourage one another in all the depressing circumstances under which you may be placed.

By all that can actuate a good citizen, by all that can melt the heart of pity, by all that can move a parent's bosom, by every claim of a common humanity, see to it, that at least one party shall possess strong, robust, vigorous health of body and brain; else let it be a marriage of spirit with spirit; that only, and no farther.

PRESENTIMENTS

Are impressions made upon the mind which seem to foreshadow some future event, and the general feeling appears to be that a Divine Influence is involved. According to general received opinion, Aaron Burr was the worst and most wicked and profligate man of his age. His parents and grandparents were among the very best in intellect, learning and piety in their century and yet his grandmother, the wife of the immortal Edwards Jonathan wrote a few days after his birth, "A strange presentiment of evil has hung over my mind of late, and I can hardly rid myself of the impression that that child is born to see trouble, for lately I had a sad night of broken sleep, in which the future career of that boy seemed to pass before me. He first appeared as a little child, just beginning to ascend a high hill. Not long after he set out, the two guides who started with him disappeared, one after the other. He went on alone, and as the road was open and plain, and as friends met him at every turn he got along very well. At times he took on the air and bearing of a soldier, and then of a statesman, assuming to lead others. As he neared the top of the hill, the way grew more steep and difficult and his companions became alienated from him, refusing to help him or to be led by him. Baffled in his designs, and angered at his ill-success, he began to lay about him with violence, leading some astray, and pulling down others at every attempt to rise. Soon he himself began to slip and slide down the rough and perilous sides of the hill; now regaining his foothold for a little, then losing it again, until at length he stumbled and fell headlong down, down, into a black and yawning gulf at the base!

"At this, I woke in distress, and was glad enough to find that it was only a dream. I think the disturbed state of our country, along with my own indifferent health, must have occasioned it. A letter from his mother to-day, assures me that her little Aaron is a lively, prattlesome fellow, filling his parent's hearts with joy."

President Lincoln had a presentiment immediately preceeding his assassination in the repetition of a fearful dream for the third or fourth time, and which in each case was followed by a great national calamity.

At midnight before the battle of Wagram, Lascelles asked Napoleon to sign the decree for his title, to be transmissible to his son, because he felt that he would fall in the next day's battle; and he did. "Here I am," said Carroin to Napoleon at Echmul, as the Emperor had sent for him from Marseilles, "but this is my last day;" a quarter of an hour afterwards a cannon ball took off his head. Pilates' wife was impressed by a dream several times repeated of some impending calamity, and warned her husband not to have anything to do "with that just man;" while volumes may be filled with "presentiments" more or less justified by succeeding events.

But how many millions of presentiments have not been verified? How many times has the reader himself suffered from a sense of impending calamity, without ever having had a verification of the same?

How many terrible dreams have been followed by days which have had not a ripple on life's surface. In nine cases out of ten, what's the use of a presentiment? it does not lead to any change of conduct, does not result in any practical good.

President Lincoln made no saving use of his terrible dream so oft repeated. Aaron Burr's grandmother does not seem to have taken any measures to forestall the purport of her dream. Revelations ceased with the Savior's age; all was said then, that could have been said to man's advantage, and he himself said as to the practical use of further revealings; "If they hear not Moses and the Prophets, neither will they be persuaded though one rose from the dead." - We cannot suppose that the Ruler of the Universe would step out of his path in order that a murderous infidel French officer should have a son who should be called general Frappeau, instead of Johnson Frappeau.

Many feel that the first "Bull Run" was in reality among the greatest blessings of the war. In that case the President had a presentiment that was not a presentiment. Besides, why should we not have presentiments of good rather than of evil, as the Infinite One is the embodiment of benevolence. No doubt if pigs could talk, they would entertain us by the hour with the hugest presentiments of modern times, enough to fill Bonner's Ledger with Hobgoblins for a year. The truth is, people who have good health don't have presentiments, which are really the offspring of idleness and gluttony, of an overloaded stomach, of a brain fed with bad blood, for that innumerable multitude who over-eat every day, have neither good blood, good sense or a good conscience.

THE WORLD'S WORTHIES.

Not the Cæsars of the ages, any more than their Attilas ; not the Bonapartes, nor the Swedish Charles, nor the Dutch Frederick, are they; their paths to glory and renown were laid through seas of blood and rapine; fire and sword; she is worthier, who at eleven, took charge of her father's motherless children; and without an education; without experience; without counsel beyond the four walls of her own homely hut, became to these little ones a care-taker and a guide, for long successive years; when they were out of the way, she married; and by industrious economics, and faithful and tireless and willing co-operation in her husband's plans, lands were bought and paid for, and by her counsels were retained in the family, against the urgent advice of older and wiser and more experienced persons; she was not learned; she could scarcely write her name; her language was homely, and her grammar bad; in fact, so "illiterate" was she, that some who were nearest to her, did not care, many times, to compromise themselves, by introduction to their friends, of high social position ; but the price of that land has reared an institution for preparing young girls for domestic life, second to none of its kind on the habitable globe, so liberally is it founded and so complete in its appointments—"The Vassar Female College" of Pokeepsie, which ought to have been called "The Catherine Vassar College."

Fifty years ago, a poor boy straitened for means to procure a few volumes to read, formed the idea of founding an institution which should provide books and papers and schooling, without charge for all who desired it ; later on, he presented such an establishment to the city of New-York, at an expense to himself of over six hundred thousand dollars, and the name of

PETER COOPER

will go down to the coming ages, with imperishable honor.

More than half a century since, a poor, one-eyed German youth stepped ashore at Philadelphia from a ship in the Delaware, an uneducated, unnoticed and unknown stranger, almost penniless; later on, he gave millions to the city of his adoption, and by the beneficence of

STEPHEN GIRARD,

four hundred houseless, homeless, orphan babes, are picked out of the gutters of the streets, and are clothed and fed and sheltered and educated and put out to a useful trade; and then another four hundred are taken thus; and so on will it be, while our nation stands !

Forty years since, a Scotch-Irish youth, with a thousand dollars in his pocket, landed at Castle Garden; finding nothing better, he collected some children together and taught them their A, B, C; next he is found in a ten by twelve store, selling ribbons and laces, and the like, by day and taking them to his customer's dwellings by night; it was noticed that his goods were always equal to what he represented them to be, and people began to put confidence in him ; he rose; his business flourished; and within a year, he laid aside a million of dollars, that poor hard working girls and women might have cheap board and tidy, healthful apartments, without being demoralized by a sense of charity ; another five millions he has appropriated for cozy dwellings at a very cheap rate, for the struggling worthy poor and their little families. Thus has done A. T. STEWART. Such as these, reader, are the true worthies of society, for Divinity has said "By their fruits ye shall know them;" "inasmuch as ye did it unto one of the least of these my brethren, ye have done it unto me," "come up higher." It is not the pronunciation of a "Shibboleth," which entitles a man to a "mansion in the skies;" it is the great broad fact of a life consecrated to that "charity" "which covereth a multitude of sins," and without which, all other observances are as "a sounding brass or a tinkling cymbal."

HEALTH TRACT, No. 317.

LIFE LENGTHENED.

1. Cultivate an equable temper; many a man has fallen dead, in a fit of passion.
2. Eat regularly, not over thrice a day, and nothing between meals.
3. Go to bed at regular hours. Get up as soon as you wake of your self and do not sleep in the daytime, at least not longer than ten minutes before noon.
4. Work always by the day, and not by the job.
5. Stop working before you are very much tired, — before you are “fagged out.”
6. Cultivate a generous and an accommodating temper.
7. Never cross a bridge before you come to it; this will save half the troubles of life.
8. Never eat when you are not hungry, nor, drink when you are not thirsty.
9. Let your appetite always come uninvited.
10. Cool off in a place greatly warmer than the one in which you have been exercising: this simple rule would prevent incalculable sickness and save millions of lives every year.
11. Never resist a call of nature for a single moment.
12. Never allow yourself to be chilled “through and through,” it is this which destroys so many every year, in a few day’s sickness, from Pneumonia, called by some lung fever or inflammation of the lungs.
13. Whoever drinks no liquids at meals will add years of pleasurable existence to his life. Of cold or warm drinks, the former are most pernicious; drinking at meals induces persons to eat more than they otherwise would, as any one can verify by experiment, and it is excess in eating which devastates the land with sickness, suffering and death.
14. After fifty years of age, if not a day laborer, and sedentary persons after forty, should eat but twice a day, in the morning and about four in the afternoon; persons can soon accustom themselves to a seven-hour interval between eating, thus giving the stomach rest; for every organ without adequate rest will “give out” prematurely.
15. Begin early to live under the benign influences of the christian religion, for it “has the promise of the life that now is, and of that which is to come.”

RECOGNITION HEREAFTER.

Whatever sentiment of the mind is universal, may well be considered as an inherent quality inseparable from it, a part of it, and created with it, hence, of Divine Origin; else, why should Divinity, who is the very embodiment of Benevolence, incorporate with every soul brought into existence, as a part of it, a false sentiment, or belief, or instinct.

All nations of all ages believe in a hereafter, and there is a hereafter. All nations of all ages believe in a future state of rewards and punishments, and there is a future state of rewards and punishments.

All nations of all ages have a sense of remorse for the perpetration of what is considered as a wrong, hence there is a conscience, which bears testimony against wrong doing, as wrong.

All nations of all ages have consoled themselves in the death of dear ones, that they shall know them lovingly, when they meet in the future world, hence we may infer that there is a blessed recognition hereafter, of all the good, else, how can the Beneficent One allow the creatures of his power, the works of his hands, the children of his love, to universally feed on hopes that can never be realized; to take comfort in anticipations which can have no existence? Will He who is the personification of "Love" itself, thus mock the crushing grief of those whom he made in his own image? How can it be?

"I shall go to him, but he shall not return to me," said King David, when he would comfort himself for the death of his darling child; such a speech would be the merest nonsense, if when David went to him in Heaven, he would not recognize from any other angel-children there. Certainly we shall not know less in heaven than we do here; one of the greatest delights in any society or company is the personal knowledge of those who are present. Well may we suppose that next to the thrill of bliss which shall sweep across the soul at the first sight of the blessed Savior in Paradise, will be, the joy unutterable of finding the loved ones of earth there, safe; forever safe and happy too!

"Friends, e'en in heaven, one happiness would miss,

"Should they not know each other when in bliss."

Memory cannot die, otherwise the soul would lose its identity; because our experiences are a part of ourselves. And it can not be supposed that the terrestrial experiences of the soul shall become a blank in heaven, shall be forever blotted out; for surely it will lighten the bliss of immortality, to compare the dangers and toils and sins of earth, with the safety and rest and holiness of heaven!

Paul said to the Hebrew church, the converted Jews, that Angels were the "ministering spirits" waiters, guards, care takers of God's people in this world; their helpers towards heaven; and certainly they will continue to know us when we get there; and will it not lighten the gladness of the meeting, that we shall intuitively know them as our friendly attendants in the world we have left far below; just as Peter, James and John, in the Mount of Transfiguration, intuitively knew, without an introduction, that it was Moses and Elias which talked with the Savior. The "sick man" in Tophet recognized Lazarus, and knew Abraham, intuitively, for as soon as he saw him he spoke to him, calling his name.

If there be no recognition hereafter, whence the universal desire and hope and longing to be buried with the departed, an idea so touchingly presented by Mrs. Sigourney of a dying child,

"One only wish she uttered, — While life was ebbing fast;

Sleep by my side, dear mother! — And rise with me at last."

And these things being so, let us cherish the thought when remorseless death crushes our fondest hopes, that we shall meet the good again, not only as a means of inciting us to live more like them, but as a means of joyousness of spirit to give a new sparkle to the life blood as it courses through the veins, carrying with it an energy and healthfulness which shall vitalize the body and give it a new lease of existence.

POVERTY AND LONGEVITY.

NEITHER poverty, hardships nor exposures tend to lengthen life; they always shorten the average of life by many years, except in those few cases where there are counteracting conditions. In the great city of New York where perhaps full half of the population are steeped in poverty and destitution of one hundred children dying, only ten are the children of the rich—of the well-to-do. In the filthiest parts of the city ten times as many die as along Fifth Avenue and the two streets on either side of an equal number of the population. M. Benoiston, Casper, Dr. Major, and others, after very minute investigations state, “The value of life is less among the impoverished, than among the rich; thus of an equal number of infants of the same age, double the number die of the poorer than of the wealthier class; where there is the greatest misery, there is the greatest mortality.” Casper states that in Berlin the mean duration of life among the better classes is fifty years, but among the paupers thirty two years only. Of one thousand infants of the nobility of Germany, fifty-seven die in the first five years; of the same number taken from indigent families, there died in the same time three hundred and forty-five and that while half the poor reach the thirty-second year only, half the noble live twenty years longer. The Queen of England has had nearly a dozen children and every one of them has grown up to man’s estate in vigorous health. The pensioned Noble and the paupered inhabitant of the work-house live indefinitely long the world over, for they are alike relieved of the corroding care for to-morrow’s bread; they both live tidily, the latter from compulsion, the former from choice.

The lessons from these facts are of great personal practical value to every household in the land.

First. The well-to-do can command the comforts, conveniences and tidiness of life; they can command the best ways of doing things and thus economize time, labor and care; they have regular habits of eating; they have their full share of regular sleep; they have the best of food, well cooked; they have abundance of rest, and are exempt from exposures to the extremes of heat and cold; are warmly clad in winter, and in summer live in well aired and spacious apartments,—their intelligence leading them to arrange that these things shall be brought about.

Second. A practical knowledge of the laws of our being leads to large results in the direction of human happiness, health and enjoyment.

QUERY.

Do not those parents commit a crime against society who fail to instruct their daughters in the duties of the household and of maternity? To know how to keep a tidy house, and well aired apartments; to know how to select the best kinds of food; to know how to prepare them in the best manner; how to watch over helpless infancy—these are first things.

TYPHOID.

If you knock a man down, he may rise up again, but after two or three such knockings he loses the power of rising. In ordinary fevers the system has a recuperative power, especially when the weight of the malady has been removed by suitable medicine; but when that recuperative power is lost, the system will not rise to health, although medicine has done all that was expected from it, and the patient dies. This inability may exist in all forms of disease. "Typhoid" means "like typhus," and typhus itself means "stupor" — a kind of sleep or death. There is a growing tendency in all diseases "to take on the typhoid type," which simply means that the constitutions of the people are growing weaker and weaker, less and less capable of resisting the onsets of disease; hence a less amount of sickness kills now, than formerly; and added to this, physicians of every grade have observed that their patients 'can't bear' as large doses of medicine as heretofore, and the tendency is to give less, and at longer intervals and wait and see "what nature will do." The practical use to be made by the reader of these facts is to habituate himself to a greater watchfulness against the causes of all disease, and to a greater care of himself when he is sick; and this care should be observed in three main directions—

1. In recovering from any form of disease, keep abundantly and comfortably warm.
2. Studiously avoid taking cold.
3. Watch against over-exercise for several days or weeks.
4. Eat very moderately and at regular intervals, of plain, nourishing food.

If these four things are observed, relapses would be rare, and the patient would be saved; the most difficult of the four, is to avoid eating too much; there is special danger of yielding to a craving for some particular kind of food. We knew an estimable lady who was happily recovering from an attack of typhoid fever, but she had such a strong desire for a sweet potatoe that it was allowed her; in less than an hour the symptoms became unfavorable and she died the next day.

The sleepiness or stupor of typhoid arises from the fact that the brain, and thence the whole nervous system, is oppressed by the disease; is weighed down; can't act; — goes to sleep and dies!

CHILDISH PIETY.

"He killed his three-year-old boy in trying to make him say his prayers. After striking the little fellow with a shingle for two hours, and observing him to be weak, he called his wife, who looking on her little step-son, said '*he is dying*,' and so he was."

This is the record of a fact that occurred in June, 1866, in Medina, in the State of New York. This father was a man of education; the member a Protestant church; a scholar. The commonest charity dictates to us that this unfortunate man believed that he was doing right. Grown men have before now punished men, women and children to death — punished men and women and children to death, in the endeavor to make them perform what was believed to be a christian duty.

What horrors of remorse, unquenchable this side the grave, will follow this erring father, no pen can portray no imagination paint. He loved that child as only a father can love, and its pitiful appeals of look, and uplifted hand, with fingers all broken by the blows, will burn in upon the memory and the brain, deeper and deeper, till friendly death puts an end to the insufferable torture.

Is the parent who reads this perfectly sure that he or she has not committed a similar but lesser fault, in their religious teachings and injunctions? Have you ever whipped a child, or inflicted punishment, or given a scolding, for not going to church, for neglecting to read the daily chapter in the Bible; for not learning the catechism; for thoughtlessness or neglect of the Sabbath-School, or any other religious duty? Then have you done some thing, differing only in degree from the act for which, on reading, you perhaps felt with the community in which the culprit lived, he ought to be punished with instant death. But the man fled for protection to the common jail, and then by night to a foreign government.

There is but one way of imparting religious instruction to the young, so that it shall accomplish a good result only. The principle only can be laid down here; its application must be left to the common-sense of the christian parent. **THE CHILD MUST BE INVITED TO PIETY.** "Come," — "Let him that heareth say come" — to the next man who may not have heard the invitation. These are the teachings of Him who "spake as never man spake." The incentive to childish piety should be drawn from appeals to the love and gratitude of its nature. — "God watches over you every night, and won't you get on your knees my darling boy, and put your little hands together, and tell Him you love Him for being so good to you? — and ask him if he will not do it again?" Who can doubt the difference of result as to the case in hand? Threats and fears never originated one really pious thought; no human being was ever forced into one solitary religious feeling, sentiment or aspiration. "If ye love me," is the condition of Heavenly acceptance. But to beat a child into the appearance of the performance of a christian duty, was a direct reward offered for hypocrisy. Let children then be persuaded with all long suffering to do right, and that will be the obedience of principle, and that alone will stand the test of the scrutiny of the Judgement-day

FETID FEET.

SOME persons can be "smelled" a mile off, more or less; it is a misfortune, and a source of very great mortification to the refined and sensitive. It may be "born" with some; with others, if not all, it is the result of a diseased condition of the system, or of a neglect of personal cleanliness. There is a peculiar odor emanating from the feet, which is, perhaps, always the result of uncleanness. If daily washings do not remove these odors, a very efficient wash is found in red oxide of lead, one part to twenty-nine parts of the liquor of the sub-acetate of lead; the first to be bruised in a porcelain mortar, gradually adding the latter; apply a few drops once a week, oftener in summer.

A specific odor escapes every one, and is peculiar to the individual; the dog knows it, and by it follows his master through any crowd of human beings, and never makes a mistake. A man's organ of smell is not thus acutely developed; still there are persons whose peculiar penetrating odor is readily recognized. This does not come from the "sweat" of the person, as no such odor issues from the hands, but from the arm-pits and other parts kept covered by the clothing, so that the air can not penetrate; nor is the application of soap and water too frequently allowed. When the "sweat" remains in contact with the skin, it undergoes a chemical change, and it is this which disengages the peculiarly disagreeable odor, as to the feet particularly; thus this chemical formation is a kind of fetid fat, which is absorbed into the pores of the leather, and there it is detained with fresh additions daily, for weeks and months, with increasing rancidity, as the smell of any old boot or shoe will demonstrate. Some persons wear stockings without change from the time they are first put on until they are worn full of holes. Very many do not wash their feet oftener than once a month; only a few as often as once a week. The feet ought to be washed every night before going to bed, and no stocking, boot, or shoe should be put on a second time, until it has had a whole day's sunning, at least by those who have an ambition to be and feel as sweet and clean as a dew-drop on the rose of summer; or put two table-spoons of the compound spirits of ammonia (hartshorn) in a basin of water, and wash the face, hands, arms, arm-pits, and feet with it. The skin is left fresh, clean, and sweet; it is perfectly harmless, and costs but little.

DYSPEPSIA FORESHADOWED.

To be able to sit down to a well-spread table and eat to one's satisfaction three times a day, without any discomfort whatever beyond that of hunger, with a good appetite when the next time for eating arrives, is a blessing and a happiness ; and yet there are multitudes, apparently in good health, who have not known what it is for years to take a single meal without its being followed in an hour or two, or more, with torments, actual torments, enough to make a wise man mad ; torments which subvert the whole character, souring the heart, embittering the temper, destroying confidence, and turning the sweetest affections into wormwood and gall. A character naturally placid grows petulant and irritable ; the loving heart becomes estranged by groundless suspicions ; the cheery face is changed into oppressive sadness, while all that is glad and joyous and hopeful goes out at length in the night of melancholy, despair or suicide. Many a household once happy, has become a very pandemonium : the husband a tyrant, the wife a perfect virago and an unendurable shrew. Such are some of the influences which a diseased stomach has on the mind, the temper and the heart. Multitudes of suicides are caused by dyspeptic disease. "Cross" people, the ill-natured, those who are always growling or complaining of something or somebody ; inveterate fault-finders, upon whose face a genial smile never played, whose hearts are strangers to the humanizing influence of warm sympathies, who have no forbearance, no allowances, no consideration, no love, many such are not thus by nature, but have been molded into wretched "forms" like these by the slow influences of insidious disease, brought on by self-indulgence and unrestraint in the matter of eating and drinking ; not deliberately always, but generally perhaps, unconsciously, or in ignorance. These things being so, no rational mind can fail to feel that it is a wisdom and a duty to guard against the causes, and watch vigilantly against the indications which induce and accompany the formation of a disease which is thus capable of subverting the whole character, and making a wreck of happiness and heart and life together.

The almost universal cause of dyspepsia is eating too often, too fast, and too much. The general rule should be :

1. Eat thrice a day.
2. Not an atom between meals.
3. Nothing after two o'clock, but a piece of cold bread and butter and one cup of hot drink.
4. Spend half an hour at least in taking each meal.
5. Cut up all meats and hard food in pea-sized pieces.
6. Never eat enough to cause the slightest uncomfortable sensation afterward.
7. Never work or study hard within half an hour of eating.

The most universal and infallible indication that a person is becoming dyspeptic, is some uncomfortable sensation coming on uniformly, sooner or later, after each meal, whether that be in the stomach, throat, or any where else. The formation of wind in the stomach, indicated by eructation, belchings, or otherwise, demonstrates that dyspepsia is fixing itself in the system. Then there is only one course to pursue, and that is infallible : eat less and less at each meal, until no wind is generated and no other uncomfortable sensation is experienced in any part of the body. No medicine ever cured confirmed dyspepsia ; eating plain food regularly and living out of doors industriously, will cure most cases.

FIRE ON THE HEARTH,

AND

Furnace Heat Dispensed With.

"A hard coal fire, burning fiercely, flat on the hearth, on a level with the floor, warming the feet delightfully, with an oval fire-place nearly three feet across, with no visible blower, very little dust, and absolutely no gas; the ashes need removing but once a year, while by the extra heat, pure air direct from out-doors, is conveyed to an upper room, without the possibility of meeting with any red-hot metallic surface, or with any corrupting surface whatever—it is simply pure air warmed. A Philadelphia correspondent who has used one of these low-down grates in a room eighteen feet square, for six years, says: 'I have never known a day that a fire made in the morning was not equal to the day, no matter what the temperature was outside.'

"To those who dislike furnace heat, and who wish to have at least one room in the house where there are absolutely all the advantages of a wood fire—the oxygen which supplies the fire being supplied from the cellar, and not from the room itself—this open, low down, air-tight, easily regulated grate, or rather fireplace, with its large broad bed of burning coals, or flaming Kentucky or Liverpool cannel, will be a great desideratum. No one who has a wise regard for the comfort, cheerfulness, and health of a family of children, should be without one for a single day. One can be put in at any season of the year, in two days, at an expense of from thirty to fifty dollars, according to the size. This Patent Parlor Grate consumes about the same amount of coal as would a common grate, giving out, however, as is supposed, near one third more heat—the soft, delicious heat of an old-fashioned wood-fire, (the oxygen being supplied from without.) It is equally adapted to burning soft coal, hard coal, or wood."—*Hall's Journal of Health*, for December, 1859.

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